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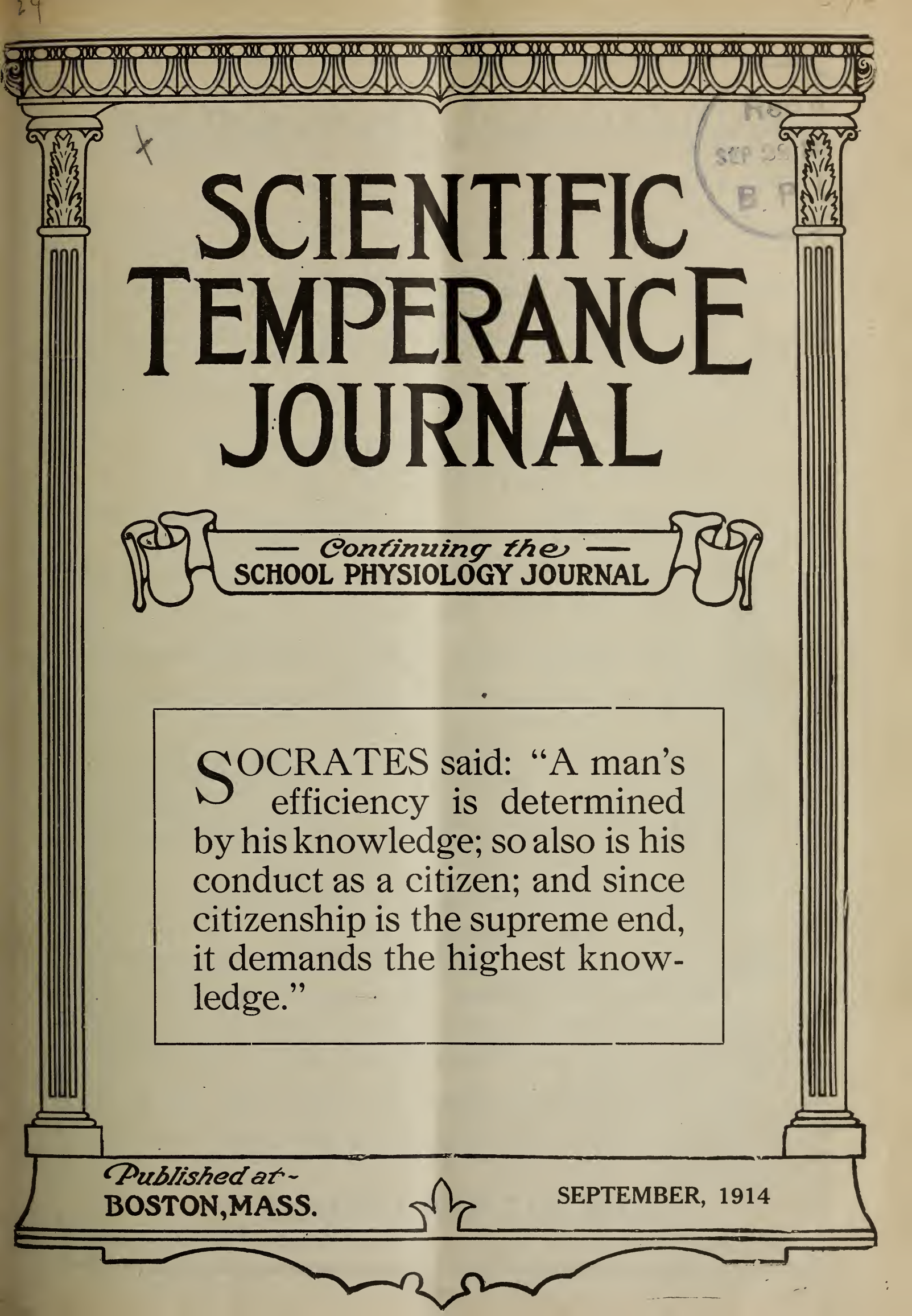
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# Scientific Temperance Journal

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No. 1

NOT to the swift the race; not to the strong the fight;  
Not to the righteous perfect grace; not to the wise the light;  
But often faltering feet come surest to the goal;  
And they who walk in darkness meet the sunrise of the soul.  
A thousand times by night the Syrian hosts have died;  
A thousand times the vanquished right hath risen glorified.

---Henry VanDyke

\* \* \*

## Alcohol and the State

By DR. R. HERCOD.\*

Secretary of the International Temperance Bureau, Lausanne, Switzerland.

THE objection has been raised that the movement against alcoholism carries with it a certain disadvantage for the state because the revenues derived from the sale of liquor contribute a large income to the national treasury.

In France, for instance, 11 per cent. of the public budget is derived from revenues from alcohol; in Austria, 9 per cent.; in Sweden, 15 per cent.; in Great Britain, 23 per cent.; in United States 25 per cent.; in Russia, 26 per cent. From this it appears that a material reduction or the suppression of alcohol would cause a disturbance of the public finances.

This objection is a sophistry, an error in reasoning. The fact is, the receipts which the state derives from the alcohol traffic are more than outweighed by the expenses it occasions and this leaves out of consideration the moral loss and family suffering, inestimable in money, which alcoholism causes to the masses of the population. It must be admitted that this matter cannot be settled by mathematical demonstration. We cannot ascertain exactly the part that alcohol plays in certain physical and moral diseases or as a cause of dependence upon public charity, and even if we knew exactly; we could not express in figures what these cost the state.

### The Cost of Alcoholic Criminality.

Numerous inquiries added to daily experiences warrant the conclusion that alcohol is an important factor in criminality. The estimate runs from 40 to 50 and 60 per cent. The influence of alcohol upon criminality is manifested in different ways.

Take a man who is usually sober. Occasionally he commits an excess and being of an excitable temperament he does not fully comprehend what he is doing. He loses his head in a dispute which at any other time would end only in a few warm words, but now he seizes a weapon and deals his adversary a blow that may be mortal. Here you have the influence of an occasional immoderate use of alcohol. It is a fact that most of the quarrels ending in more or less serious consequences belong to this class. And how often a man who has lived a blameless life must expiate, not only by imprisonment but by remorse as long as he lives, a blow given in a moment of intoxication.

Alcohol leads habitual drinkers also to crime, but by another route. The passion that dominates them often results in the destruction of their moral sense. It engenders in them also ideas that come very near to insanity, a delirium of jealousy or of persecution. Thus attacked, the man who is not suspected by his fellow citizens to be dangerous, meditates the idea of a frightful crime. Such alcoholics do not act under the impulse of the moment because they have slowly prepared for the stroke, but the judges declare them responsible or irresponsible, knowing little of the psychology of the alcoholic. There is no doubt that the man has acted in a moment of alcoholic insanity even if his crime appears at first to have been premeditated like that of a person of sound mind.

Alcohol leads to crime by another way. The drinker is in the habit of sacrificing to his passion all moral considerations and

\*L'Abstinence, April, 1914.



when reduced to want as a result of his drinking, he resorts to thievery or brigandage to satisfy his thirst for alcohol.

#### The Cost of Prison Maintenance.

What do alcoholic delinquents cost the state? If we consult the financial statistics of prisons we see that they appear to cost the state a relatively small sum. This is because it is natural to make prisoners work, sometimes at hard work, and as prisoners are for the most part men in the prime of life, they do enough work to maintain themselves.

But we must remember that all these men taken from active, personal and voluntary productiveness would have been, if they had not committed their crimes, working to support their families that are now in need. They would have produced enough to provide the state with revenues from the products of their work.

Moreover, in order to avoid escapes from prison there must be guards and a system of functionaries devoting all their time to non-productive activity. Prisoners cost us, therefore, much more than they appear to, and alcoholic criminality constitutes a sensible burden for the state. For it must be recollected that all of these alcoholic delinquents have had to be tried before they were sentenced to prison and the trial is often the outcome of a long investigation at a large cost to the state.

#### The Cost of Policing

But the alcoholic, even when he is not a delinquent, demands a good deal of attention from the police. He is quarrelsome; he creates a scandal; he disturbs the public peace and often sets the teeth of the brave policeman on edge. If we should suppress the misdemeanors or the scandals provoked by drinkers we might greatly reduce the police force and thus relieve the budget of the community or the state. Men with bad passions will sometimes necessitate police intervention, but if one could suppress the use of alcoholic drinks today or tomorrow or simply close the drinking places in our cities, it would materially lighten the police force. No extensive inquiry is needed to convince one of this. Simply ask the first policeman you meet what class of offenders gives him the most to do and he will tell you immediately, the drinkers.

#### The Cost of Accidents

It must also be remembered that alcohol imposes upon us a considerable burden for

accidents caused by alcoholics. If a drunken man amuses himself some fine night by burning a house, the fire insurance must pay a goodly sum, for, in most cases the incendiary is insolvent. When a railroad employee, an engineer under the influence of alcohol, runs past a signal, we have a catastrophe that causes the life of many passengers, forcing the company to pay large indemnities.

An exact calculation has been made of what the accident at Mullheim cost the State of Baden. The facts there were that an unfortunate engineer after having drunk heavily for several hours proceeded to his work without taking sufficient rest, fell asleep for an instant on his engine and in place of slowing his train in passing the station of Mullheim to 5 kilometers, according to orders, he passed it at the rate of 120 kilometers an hour. The result was many deaths, the payment of large indemnities and repairs that cost the city of Baden more than a million marks.

#### The Cost of Sickness

Sickness is not only an economic burden to the individual, but it is also an expense to the state. In fact, in all civilized states it is an acknowledged duty to protect the weak in their hour of suffering and to pay, partially at least, for the treatment of the sick.

We know that alcohol is an undeniable factor in disease. This factor may exercise its influence in many ways: A small number of diseases are directly due to alcohol, especially certain mental diseases. In certain cases, epilepsy especially, alcohol is not only the cause, but it may develop a case that was only latent, and which would not have developed but for the effects of alcohol. If alcohol is not the direct cause here, it is the occasion of the condition of the patient, from the practical point of view, in any case. It does not matter to society that an individual carries about a latent epilepsy during his whole life, if neither he nor his environment ever bring it out.

Alcohol predisposes also to certain diseases by altering various organs whose insufficient action gives rise to other serious troubles. It diminishes, as many experiments have agreed in proving, the resistance of the body against certain diseases, especially infectious diseases. Dr. Holitscher has shown very clearly in his investigation that this is the case for tuberculosis.



Finally, alcohol is a factor in accidents. In spite of all the precautions we may take, modern work, which is done very largely with machinery, requires of the workmen constant presence of mind. It is well known that one of the most notable effects of alcohol is exerted first upon the brain, impairing proper association of ideas. The result is that statistics of accidents attribute a great number of cases to imprudences committed in the state of intoxication.

Aid to the sick costs the country every year millions of dollars, and the part due to alcohol is a very appreciable one. If we should suppress alcohol or notably reduce its consumption, we would find a heavy reduction in the expense of providing for the indigent sick.

### The Cost of Poverty

Many inquiries have been made as to the role of alcohol in the cost of caring for the poor. Statistics vary notably, from those that charge alcohol with only 2 or 3 per cent. of the cases requiring assistance, to those that put it at 50 or 60 per cent. or more.

In this question of assistance, as in that of sickness or criminality, it is not simply a matter of a single cause, but of many. In most of the cases it is difficult to single out categorically the principal cause of the poverty. It would be short of the reality to attribute at least one-fifth of such cases to alcohol. It is a question not only of the sums that are allowed directly to the drinkers or to the families of living drinkers, but of premature death of the victim of intemperance that reduces his wife and children to want and obliges the state to give relief to the widow, and to place the children in families or in special institutions.

### Maintaining the Drinker's Family

In other cases it is the husband, abandoned to drink, who, some fine day, oblivious of his duty, deserts his wife and children, and the state has to intervene. The general statistics of public aid that we have are, in general, very incomplete because they take into account only these cases of direct assistance by the state or by the community and not those in which private societies, often aided by the state, render assistance.

Children are neglected by their father not only when he is poor, but often also when he is in a position to maintain his family, but the bad example he sets his children,

his quarrels and abuses, compel the authorities to step in and place the children in asylums. It is not always possible to obtain from the father the payment of the pension equivalent to the expenses of providing for the children, and this makes additional charges for the community.

### The Cost of Defectiveness

To this cost must be added that of intellectual and moral defects caused by the carelessness of drinking fathers in regard to their children. Physical defect occurs very often in families in which the salary is sufficient to make ends meet, but where, as a consequence of the expenditures for drink, the alcoholic finds it impossible to provide sufficiently for the necessary expenses of the family. The food is often insufficient, the housing too cramped, badly situated and badly lighted. The physical development of the children is then retarded. They may later make up the loss, but often they remain below the full development of physical strength that would have been theirs if their infancy could have been passed under better auspices.

A representative of the traffic might say all this is exaggerated because we leave out of account the fact that the industry provides employment for many people who pay their taxes and thus help to support the state. To abolish the traffic would deprive these men of their daily bread and thus make them a charge upon the state.

A progressive, not an immediate diminution of the consumption of alcohol would be an evolution not a revolution, and an advantage not only to the state, but to those now engaged in the liquor industry under conditions often unhygienic and always exposed to temptations to drink.

In many callings there is a lack of hands. It would be to the interest of the state to transplant into those callings the persons now employed in the alcohol industry. I may be a little fanatical, but I could without regret see the robust saloonkeeper, now handing out little glasses or mugs of beer to people who would be better off without them, return to the country, from which perhaps he came, to cultivate the land.

Then again, workmen who spend a tenth of their wages in the saloons are obliged to live in less desirable houses and to cut down the amounts that would go normally to the butcher, the milkman, and the baker, whose callings are directly useful to the community.



With the money spent at the saloon each one might have procured a better dwelling, better and more abundant food. He might have bought books, subscribed to periodicals, taken a vacation or an outing. All the occupations that satisfy these demands find themselves out of pocket by reason of the disproportional expenditures made in the saloons and these callings furnish good and useful things to the community and are more important to the state than the liquor trade.

The state must interest itself first of all in those trades that favor the development of the physical and intellectual capital of the nation, because these alone are useful and merit its care.

We forget also that often the alcoholic liquors are prepared from material that is of incontestible value. Grapes, fruits, potatoes, barley, all have a certain nutritive value, some of them even considerable. What happens when these are transformed into alcohol? The greater part of this nutritive value is lost during fermentation and distillation.

When such emphasis is laid on the large amount that alcoholic liquors return to the finances of the state, no account is taken of the general abstinence, or at least of the great sobriety that would follow immediately upon a notable reduction of our consumption of alcohol. This would have extremely beneficial influence upon the material situation of the citizens. Not only would those who take alcohol at other times have at their disposal sums they had previously squandered, but, not being under the influence of drink, their strength for work and their desire to work also would be much greater. That is to say, it would produce an advantage that would materially ease the situation. It would make taxable material much more abundant for the state. The increase of taxes that would immediately follow would be sufficient to compensate very largely for the decrease of actual duties derived from alcohol, without mentioning the important economies that the state would make in its criminal service, its charitable institutions and its hospitals for the sick and so on.—Translated for THE SCIENTIFIC TEMPERANCE JOURNAL.

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## The Effect of the Liquor Traffic in East Africa

BY DR. FISCH, MEDICAL MISSIONARY TO AFRICA.

FOR twenty-five years I have been a medical missionary on the Gold Coast. Liquor had made its entry there long before my arrival, but then money was much more scarce than it has been since the promotion of cocoa culture. A large part of the products of the sale of palm oil and of rubber were spent for spirits, but it was not at all the general fashion as it is now when they have more to spend. Each year a flood of gold spreads through the country, the products of harvests of cocoa and the exploitation of mines.

The Gold Coast merits its name. Few countries in the world are so fertile. Besides its wealth of vegetable products, it conceals stores of minerals. A dense forest well supplied with water covers it as far as the eighth degree of north latitude. It seems made for the cultivation of cocoa and rubber and the natives have thrown themselves with such zeal into cocoa raising that they have almost neglected to provide themselves with sufficient to live upon. Upon the coast, where the culture of cocoa is not possible, the fisher inhabitants of the villages are numerous and populous. They

are in good circumstances and catch without much trouble, quantities of fish which are carried by their women into the interior of the country.

It is natural to suppose that in a country so favorable to living conditions the people would be vigorous and well-fed. But since my arrival in 1885, this has ceased to be the case. The population increases, without doubt, in spite of the malaria which carries off many infants. The names which indicate the seventh, eighth, ninth and tenth child are very frequent, but one is surprised at meeting so few old people. Negroes with white locks are very rare.

### Liquor Becoming Popular

This is because spirits have made their entry and have won the favor of the native chiefs. If one wishes to enter a complaint, he opens the ears of the chief by the aid of so many bottles of spirits. When sentence is imposed upon the condemned, a part of the penalty is to furnish the chief with so many bottles and the person acquitted must similarly testify his recognition by the bestowal of a certain number of bottles. The



liquor is drunk directly by the chief and his counselors and thus it exercises its pernicious effects upon the older people as shown by liver disease, stomach troubles, degeneration of heart muscles, or chronic inflammation of the kidneys.

From the court of the chief the use of spirits spreads farther and farther. To be drunk a part of the afternoon has gradually come to be held by the principal people of the nation as an indication of distinguished birth. In case of a death in the family, they drink instead of eating. Those who come to express their sympathy receive a portion of spirits or, if this is not on hand, of palm wine. Immediately after a death one begins to see liquor carried into the house of mourning. It becomes a question of honor to serve as much whisky as possible in the funeral ceremonies. It is not rare on occasions of this kind for the greater part of the inhabitants of the village to be more or less deeply intoxicated.

#### Loss of Resistance Apparent

I have made interesting observations on patients suffering from fevers that occasioned particular strain upon the heart. Negroes who have not drunk liquor support pneumonia without difficulty and it does not become necessary to reinforce the heart, but liquor drinkers, on the contrary, die in spite of all one can do to prevent heart failure. Pneumonia, which at the commencement of the dry season appears in an epidemic form, is very dangerous for these patients. It carries off great numbers of negroes simply because the weakness of the heart occasioned by alcohol has become more and more general.

This action of alcohol dates for the most part from the time that preceded my work in Aburi, that is, from a period in which spirits played a much smaller role than they now play. What will be the effect twenty years from now, when we begin to reap the seed we are sowing today. I never think of this without deep grief, because what I have already seen is sufficient to greatly move those who have had their eyes open and who sincerely care for these people. But there are those who are blind to such great misery, and who will not believe that anything exists to cause disquietude.

#### Symptoms of Degeneracy Evident

It is not only the drinkers themselves who are attacked. The symptoms of degeneration have appeared rapidly among the

children of the drinkers and are becoming more and more evident and alarming.

Tuberculosis, which was once a rare disease on the Gold Coast, has been advancing now for a number of years. It has become more frequent and its course is extremely rapid. The poor patients in whose lungs these cavities appear are the prey of a steady and high fever and are down and out at the end of one or two years. There is nothing one can do; tissue degeneration proceeds without stopping. In most cases I have known the parents of these patients and I am unable to explain in any other way their surprising lack of resistance except the use of alcohol on the part of their parents.

An interesting fact is the appearance of tuberculosis in the families of the coast fishermen who have all the chance in the world of escaping attack. But these men think they cannot fish without drinking spirits. Nearly all are addicted to alcohol.

#### Nursing Ability Waning

A second frightful symptom of degeneracy is the incapacity of mothers to nourish their infants. Normally negro women have an astonishing ability in this direction. I have seen grandmothers nursing their babies, and mothers who nurse at the same time their latest born and the one that had preceded it without either suffering from lack of milk. But of late years one sees milk bottles being purchased more and more often. The people come with condensed milk and ask how they can serve it, because the mother is not able to nourish her infant. Regularly there has been an alcoholized father, often a father and a mother of the woman who is not able to nurse. Besides the great mortality of infants on account of malaria, one now sees increasing mortality on account of artificial feeding, caused by digestive troubles from insufficient or improper nourishment.

#### First Appearance of Carious Teeth

The tissue of the human body that appears to be least exposed to injurious influences, the dentine of the teeth, now shows a lowered resistance among the negroes. Formerly when a native came to show the missionary a bad tooth it would be a mulatto or one of the half-breeds that are born feeble, a fact proved among other things by their particularly high mortality from tuberculosis. When a negro came to have a tooth pulled it was almost



always a perfectly sound tooth from which there had been a shrinking of the gums and an effort had been made to pull it out. It was rarely that a negro came with a loose tooth and one had, therefore, to use great force to extract the offending molar. Or it might have been a wisdom tooth, which comes very late with negroes. Unable to find its place in a jaw previously well filled it would cause inflammation and the formation of a fistula. But one never saw carious teeth in a negro.

Now it is quite otherwise. Not only are many of the milk teeth carious, but in the second dentition one meets commonly among the negroes many unsound teeth.

The credit of having called attention to the relation between carious teeth and lactation and alcoholism in the parents belongs to Prof. Bunge. His material has increased to the point where one can no longer doubt as to the justice of his conclusions.

One alarming symptom of degeneracy is a special form of infantile paralysis. The negroes themselves declare that this disease was previously unknown. I have seen all the male descendants of a family of drinkers attacked by it and carried off in the space of ten years between the ages of twenty and thirty. The family lived in the same place with mine and was, therefore, well known to me. A great many of the patients attacked by this disease have come to me for consultation during the last twenty years. The course of the disease is always very rapid and fatal.

One also finds a considerable increase of cases of idiocy and epilepsy, and nearly always there is alcoholism in the father and often in both parents. At the beginning of my residence here these forms of degeneracy were rare.

### III-Nature Developing

Besides these undeniable symptoms of a rapid and profound degeneracy, that which strikes every European who has lived long enough in this country is a change of character. A people who were formerly complacent, amicable, confiding, have become insolent, arrogant, disagreeable. There are still many agreeable and modest persons, but to those who have known the population in other times, the number of insolent and unfriendly faces is striking. The negro now demands payment for the least service and if one refuses it or says to him that it has not been the custom heretofore, he shows irri-

tation. In former times one knew nothing of such an attitude.

At the same time crime has become much more frequent and although the English government metes out particularly severe penalties, the penitentiaries are filled every year. Large numbers would have to be sentenced to death if capital punishment were inflicted for all the murders committed, most of them under the influence of alcohol, but often enough premeditated. Crimes of immorality increase to an astonishing extent; previously they were almost unknown. Venereal diseases are becoming very frequent, being especially prevalent among the negroes located in the vicinity of places conducted after the *animierkneipen* of Germany.

### Destruction of Spiritual Possibilities

I would not be a medical missionary if I did not speak here of a consequence of alcoholism that fills us with profound pain both here on the Gold Coast as well as in the colonies of the Togo and Cameroun. It is the decline of the spiritual life, for the building up of which we voluntarily sacrifice our lives. It is one of the most sorrowful phenomena for a believer to see, this destruction under the influence of alcohol in the souls of those for whom we live. We have no dread of an opposition mission, but we do fear alcohol and its effects. To those who have nothing but pleasantries for this diminution of the spiritual life, to those who say that it is an old notion and that it does not add anything to the value of civilization, the reply is, that by the study of special publications some knowledge of the difficulties and of the success of the mission may be gained that will show what a loss the disappearance of missionary work will be for the world.

If degeneracy has already reached such a state as this, what will it be twenty years from now when the seed now sown by the liquor traffic bears fruit? We must not forget that what we see now, the fact of degeneracy, dates from the time when little liquor was drunk. We shall see something more than this after twenty years of such an inundation of spirits as has been spreading for some time over this country.

### Contrasts In Prohibition Territory

Four years ago I had occasion to make a journey into the territory of the Togo, which is closed to the traffic in liquor, and to note the difference that exists between



the closed territory and that which is opened to the alcohol traffic. I was there only three months and in so short a time one is not able to take sufficiently precise account of the hygienic state of the people. Also, I had, unfortunately, few patients to treat. Usually when the chief was asked to tell the people that I was a physician and that I would be happy to advise the sick and give them remedies or if necessary to perform an operation, he replied—"There are no sick among us."

Of course, this was not actually the case, but I was struck on finding that such cases of tuberculosis as I did see complained of a form of the disease quite different from that to which I was accustomed on the Gold Coast. It was evidently a form accompanied by very little fever and ran for a long time. I never had to examine carious teeth. It was a natural thing here for women to nurse their children, and it did not appear to me that there were any exceptions.

Now, these people live in a country very different from that of the Gold Coast. They have to work much harder and under a broiling sun, to get from the meagre soil the food necessary to life. Nor can they raise so many valuable products for exportation as those on the Gold Coast.

But the people who live here are vigorous, muscular. The young people are fine specimens of the human race, whose walk, carriage and entire appearance give the impression of a people provided with an enviable capital of health and force of resistance.

One morning the chief of a large territory in the country of Daubamba waited on us, an old man of venerable appearance. He told me that he was sick and asked me to give him some medicine. This man was suffering from an attack of pneumonia. He had a high fever, but his pulse was very good. His condition was very different from those I had seen on the Gold Coast, where in most cases those at-

tacked by pneumonia died rapidly because the heart had lost its strength. Here I had a man endowed with a magnificent heart resistance who in spite of his age had a chance of recovery, in fact did recover in a few days.

While on the Gold Coast and in the south of the Toga where spirits are drunk, one meets few old people, here in the north one sees many venerable negroes with white locks. The character of these people is amiable and confiding, while recent events have made them neither defiant nor afraid. The young people, vigorous and well built, ran before our wagon to show us the route, hurried quick as lightning to push away a stone against which we would have run. They preceded us without weariness and responded with joy to our friendly pleasantries. Their faces beamed at our smiles, quite different from those on the ivory coast where very often a friendly smile was unreturned. where we have often been treated insolently; where a salute often received no response.

#### Liquor Traffic Worse Than the Slave Trade

It is impossible to calculate all the injury that the traffic in spirits has done to the negroes. The intelligent negroes begin to comprehend it. The time is coming when they will demand that Africa be left to them. Already the Ethiopian movement is on the march and growing. It is increased by all the indignities and injustices to which these people have been subjected as few others. After the odious slave trade has come the not less odious alcohol trade. Which of the two has done them the most injury? The first cost the lives of hundreds of thousands, broke up families and deprived them of liberty, but it left the children of the slaves at least free from degeneracy. The alcohol trade poisons the race to its roots and menaces its future.—Translated for THE SCIENTIFIC TEMPERANCE JOURNAL.

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"The history of humanity is that of a standing battle between ideas and interests. For the moment the interests always win, but in the long run the ideas."—Castelar.



## Sanitation in Its Relation to Alcoholism

**I**N connection with the Annual Congress of the Royal Sanitary Institute held in Blackpool, England, July 8, the National Temperance League conducted one of its admirable breakfast conferences, at which the points of common interest between the temperance workers and the sanitary science representatives were discussed. In a message to the Congress Mr. Rae, secretary of the League, pointed out the influences of alcohol in relation to sanitary, social and housing improvements and indicated profitable lines of investigation. He showed that the apathy which meets the endeavor of public authorities or of voluntary agencies in congested districts, and which constitutes the greatest hindrance to improving conditions, may be traced, in an overwhelming number of instances, to the inevitable effects of long-continued drinking in narcotising the higher faculties, thus preventing any adequate appreciation of the necessity for betterment and killing any desire for it.

This state of indifference to environment not only prevents any attempt at co-operation with the sanitary officer, but hinders even tolerance of his proceedings, and often causes resentment at his "interference." Antagonism to any policy of improvement is increased through unintelligent discussion in the public-house or club, and finds expression at elections; thus the hands of local authorities are tied by the power of the drink-engendered forces which make for decadence rather than improvement.

The economic factor, which is made to bear such a large share of responsibility for bad social conditions, is obscure to the mind of the vicious or industrial drinker, to whom in many cases alcohol becomes a substitute for comfort and food. He does not understand that if the weekly drink bill of his class were devoted to the purchase of household goods, food and clothes, and to improved accommodation, it would so greatly increase its wage-producing power as not only to guarantee regular employment, but it would ease the conditions of labor.

Abstinence rapidly produces a change of environment, as is well known to temperance workers. An inquiry made some time

ago by the secretary of the League disclosed the fact that a body of fifty reclaimed men, whose expenditure on drink at the time of their becoming abstainers was quite one-third of their wages, in six and a half years had on the average increased their families by one child, their rooms and rent by one-third, and the value of their household goods three and a half times: thus affecting the questions of child life and housing, and the building, the furniture, the food and clothing trades.

The message of the Secretary coincided with the views and experiences expressed by a number of the sanitary representatives.

Prof. A. S. Delepine said that anyone who had attended patients, or who had visited hospitals and observed the etiology of disease, or who as lawyer or judge had witnessed the effects of alcohol upon crime, must recognize that alcohol is one of the greatest sources of evil to which modern society is exposed.

Dr. C. Killick Millard, Medical Officer of Health for Leicester, said he was convinced, and he believed that all social workers would agree with him, that in connection with the dwellers in the slums—i. e., the class in whose case the housing and other social problems are most acutely felt—a vicious circle exists in which a number of factors act and interact upon each other. Indulgence in alcohol tends to inefficiency, inefficiency tends to low wages and irregular employment, low wages encourages bad housing and bad environment generally, and bad environment encourages further indulgence in alcohol. The relative importance of the different factors varies, no doubt, in different cases, but without fear of contradiction he (Dr. Millard) would say that the alcohol factor is a very important one—in a great many cases the most important factor—and in those cases, unless indulgence in alcohol can be checked, efforts in other directions are largely thrown away.

The mayor of West Ham stated that the tenant of the slum is not the creature of poverty alone; he is very largely what he is because of strong drink, and therefore without the removal of the public-house in connection with housing schemes, very little good will be done.



"The solution of the alcohol question is urgent; it allows less of postponement than the solution of all other questions. An unjust distribution of property can afterwards be readjusted, but if the whole nation becomes stamped with hereditary taint, an endless amount of evil and misery will be produced which can never afterwards be remedied. The solution of all other question will be greatly promoted by the solution of the alcohol question."—Prof. G. von Bunge.

\* \* \*

## Quality In Temperance Periodicals

By DR. R. HERCOD.

EVERYONE should be able to defend his position in regard to alcohol and to answer the objections of his opponents. It makes a bad impression and injures our cause if we do not know how to answer the current specious pleas of the pro-alcoholist. There is no lack of good reasons with which we may defend our position, but one must know these reasons. Hence, in addition to books and pamphlets, the anti-alcohol periodical is an essential aid. It is like an armory where effective weapons may be found at any time.

The anti-alcohol periodical must come back again and again to the fundamentals and report concerning the relation of alcohol to muscle work, to mental work, to disease, to mortality, to longevity, and so on. These are not inconsequent matters. Too often one finds even old and tried temperance people, prominent in their societies, who are not posted in these things. They either do not know the determining facts or they make doubtful and inexact statements.

The anti-alcohol journal must first of all keep its readers informed about new works, laboratory experiments or statistics and observations which are suitable for filling out previous knowledge of the subject.

Again, our journals ought to familiarize us with the arguments of our opponents, and their methods of procedure. In most countries are maintained well-paid bureaus to oppose the so-called exaggerations of the abstinence movement. These protective societies make wide use of the press, particularly the daily papers, in which they circulate inexact statements written with so much certainty that they are very deceptive.

The anti-alcohol press must follow closely the statements of the other side. It must go back to the sources and searchingly criticize the mischievous articles so that

the temperance workers will be in a position to supplement the press in pointing out clearly and decisively the errors promulgated.

The anti-alcohol journal should not only report the movement in its own country, but also the progress made in other countries. Nothing is so well adapted to strengthen our convictions as seeing how others have overcome our apparently insuperable difficulties. A regular review of the progress of our movement brings to us the consciousness that we do not stand alone, that the question we are working to solve inspires other normal thinking men for the conflict. This brings nearer together those who are separated by politics, religion and different languages. The battle against a common enemy awakens an international brotherly feeling.

The experience and results of movements in other countries has also an indirect practical bearing. We are always glad to support our position by the example of others. It is not a matter of indifference either to Germany or Switzerland that anti-alcohol instruction is made obligatory in the schools of America, that the city vote on spirit prohibition in Norway supports the alcohol interest, that the majority of the Swedish representatives in parliament are declared abstainers.

A well-edited paper ought to appeal not only to convinced co-workers, it ought also to influence outsiders who have not yet been reached by our movement. Of course, I do not mean that declared opponents can be convinced by our presentation of evidence. They will not read it at all, and even if they should, it would be with so much prejudice against these studies that nothing would be accomplished. Nevertheless, there are many people not acquainted with the alcohol movement who might be thus interested.

What is actually the case with our periodical literature? Does the present anti-



alcohol journal fulfill the above conditions? The question must be answered with a decided no. For many years I have been sending for sample copies of all temperance journals accessible, and besides I read regularly 140 anti-alcohol periodicals and from this reading and from inquiries made have gained the impression that many of the journals leave much to be desired. Many are only society papers and not very good at that. Not all confine themselves to fulfilling well this useful task. Besides their society news, they add general news which is often very defective and inexact. For those who wish to see the anti-alcohol press above criticism there is nothing more trying than to find in it inexact and contradictory statements which appear and reappear with increasing misrepresentation in papers all around the world.

The large number of periodicals is a handicap to quality. It is impossible for the most zealous abstainer to read the papers of even his own country. He regrets that he cannot subscribe for a good paper because he must support others that are probably of less value.

Too little consideration is given to the fact that the present situation of the alcohol movement demands on the part of the editor thorough knowledge of widely separated regions; he needs a great deal of time to get information concerning all the results in his own country and current affairs elsewhere, to verify new experiments, to learn the character of the latest anti-alcohol literature. It is also necessary to know several languages.

Editing requires a certain facility in writing, the ability to treat disputed questions fairly and to disentangle perplexing relations. In short, it is not to be supposed that anyone who can write a little article tolerably well has a call to be an editor. I would not maintain that only journalists by occupation are able to edit an anti-alcohol paper, but nevertheless a good editor must have knowledge not only of the alcohol question but some acquaintance with the requisites of journalism.

We should endeavor to limit our journals to the smallest number possible. Increase in quantity can be made only at the expense of quality. But besides the journal, we need also the review to serve for general scientific information. It must promote investigation of the numerous questions that are essential to this struggle.

It is impossible to publish in a paper of limited space, that can give only brief reports of the conditions of the movements, the fundamental works that demand sustained, continuous attention. We must, therefore, have the scientific review that will claim from the reader some mental co-operation. Such publications would promote the study of the alcohol question under the leaders of our movement.—Translated from "The Year Book of the International Temperance Bureau," Lausanne, Switzerland, for THE SCIENTIFIC TEMPERANCE JOURNAL.

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### "SKITTLES" WITHOUT BEER

THE experiment of providing a social center furnished with all the attractions which such a center is supposed to supply, but without alcoholic drinks, has been tried with success in the garden city of Letchworth, England. A temperance public-house was established which supplies meals, literature, rest and social intercourse, and provides a reading room, a billiard room and a shed for skittles and other games. The name of "Skittles Inn" was given to the tavern. Many trade unions and friendly societies meet in the Inn.

One feature of "The Skittles" is an adult school. At nine o'clock on Sunday morning, a body of men meet to study the Scripture, to gain knowledge and information, and so learn the "art of life." It is a rallying point for the citizens of Letchworth, a rendezvous, a democratic center, a social club, and an arena for the display of the talent and intellect that prevails among the generality of the workers in a garden city. It shows clearly that what most people really want is social intercourse in a suitable place, without vexatious limitations, and "free from fussy interference."

When the time came that the people were required to vote on the question of having a liquor-selling public-house or not, the vote stood two to one against it.

It is interesting to note, says *The Alliance News and Temperance Reformer*, (July 9, 1914), some of the arguments of those who desired to see liquor facilities at Letchworth. The want of them would lead, they said, to drinking in the home; it would be inconvenient in cases of illness; people would go further afield to shop

(Continued on page 12.)



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## The Task Awaiting Them

TWO remarkably similar editorials reached the editor's desk recently on the same day. One dealt with war, the other with rum. The similarity was that each editor expects that "the women will settle it."

The editor who wrote of war described a 1,500-mile line of tear-stained women's faces seen by a traveler passing from the Danube to the Seine after the outbreak of the European war. It was the old story of men marching off in excitement to fight and women staying behind in suspense to suffer. But there is a new note in the old story. The women are beginning to question the necessity for the suffering and the sacrifice required of them. They are asking whether the demands of patriotism, the atonement for fancied national insults, the necessity for commercial expansion, can not be provided without such enormous sacrifice and suffering. These women may not find the answer to their question, says the editor, but they will be a force for the abolition of war when they come to have more power in government.

The editor who wrote of rum had just finished reading thousands of letters sent to Everybody's Magazine in response to the recent prize offer. Two-thirds of them were from women telling what they knew of the scourge that Gladstone declared to be more destructive than war, with pestilence and famine combined. Like Jack London, Everybody's editor believes that "it is the women who

know" what rum is, and he believes that out of their experience with it and their suffering because of it is coming the force that will settle the liquor question. You feel, he says, after reading their letters, "that no one knows alcohol as they do, and that when the time comes, no one will strike it out as mercilessly as they will."

\* \* \*

## Two Remedies

THE first prize winner in Everybody's contest of letters about Rum gave among his "best remedies for the liquor traffic" the two printed below, with italics as he placed them.

*Get the truth about the liquor question in all of its aspects.*

*Get the truth about the whole liquor question to the people.*

These two objects are the ones for which the Scientific Temperance Federation was organized and to which it has since dedicated its best efforts. The friends who have shown their appreciation and sympathy in the past have now an opportunity to take an active part in administering these remedies for the liquor traffic by helping to make the SCIENTIFIC TEMPERANCE JOURNAL a better source of information than it has been before, and by getting it to the people.

\* \* \*

## Wanted: American Reports

TWICE during the last century war has checked the progress of a promising widespread movement against alcoholism. First in Germany, where at the request of Frederick of Prussia about 1837, Robert Baird went to tell the story of the remarkable American movement; then in this country at the time of the Civil War.

Whether history is about to repeat itself, and the movement now extending over nearly all of Europe is to be checked for a long time, is a serious question. It is serious to us in America because the patient study which the German investigators, particularly, have put into demonstration and the collection of facts have provided us with convincing material for the education of public opinion.

War injures the temperance cause in two ways, by diverting public attention and by exhausting the resources so that it is



difficult to get the necessary money for providing the literature and supporting the workers.

Knowledge of the nature of alcohol has now reached such a stage that the present war in Europe may be made to demonstrate the superior advantages of abstinence, instead of sending men home with a drinking habit acquired during army experiences. The German Emperor, we know, is already alive to the injurious effects of alcohol on military efficiency, and the Czar of Russia has recently awakened to the fact. The keen anti-alcohol campaigners will be vigilant observers and if they live to tell the story, we may still get helpful evidence from the other side. But it is clearly our turn to take up the lamp of investigation which our friends on the other side have had to exchange so suddenly for the torch of war.

The Scientific Temperance Federation has, confessedly, drawn largely from European investigations for evidence of the effects of alcohol. The pages of the present number of *THE JOURNAL* witness to the fact, but there is no reason why similar lines of investigation should not be pursued here. A glance at the various topics reviewed in this number will suggest similar lines on which we may continue the accumulation of evidence, and the charges of exaggeration made against current temperance literature, the ever recurring sallies against the temperance instruction in the schools, as well as the deceptive liquor advertisements, will show how much the steady compilation of evidence is needed.

*THE SCIENTIFIC TEMPERANCE JOURNAL* now solicits reports of reliable investigations of all kinds, not only physiological, but social, economic, industrial and hereditary. In its enlarged form it hopes to have space for reports of sufficient length to be of value and also of live interest. As yet it can offer only small remuneration for such contributions, but as their importance becomes recognized, better offers may be possible.

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### *Seeing Results*

**T**HE joy of seeing definite results follow one's efforts is not given to every worker in a great reform. But when a magazine like the *Review of Reviews* can publish such a statement as the following, from its August issue, results are here.

"A radical change has come over the public mind throughout the civilized world regarding the question of the sale and consumption of alcoholic liquors. This change has come about so quickly that the reading public is hardly aware of its extent. . . . A great many senators and representatives in the present Congress have come recently from regions where it is popular to be opposed to the liquor business. . . . We have evidence of an entirely new administrative and governmental attitude toward the traffic in intoxicating liquors and the consumption thereof."

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### **"SKITTLES" WITHOUT BEER**

*(Continued from page 10.)*

where alcohol was to be had. A good deal has been made of the contention that trade was being driven away, and there has been much exaggerated talk about "drink trains." None of these objections have proved to have any reality, while as regards trade being injured, the very reverse is the case; because of the orderliness of the place, people come from districts round to shop at Letchworth. As Mr. Furmston puts it:

"When a shopkeeper talks about doing more trade 'if there were only a pub. here,' one has only to ask where the bad debts lay. Wages are little enough at any time, and comparative efficiency can be maintained only when they are wisely used. Where a large portion is spent in liquor, it is evident that other vendors of goods must go short."

Another ill-founded contention has been that with no public-house on the estate, a number would arise on the fringe of it. On the contrary, six in that position have recently been shut up.

It was declared, moreover, that the vote of 1912 was carried by the women, but this is alleged to be pure guesswork, though it is true that many women realized with gratitude the benefit of living in a no-license area. Before the poll was taken in Letchworth, a tradesman asked a large number of his women customers whether they wanted the proposed public-house, and their answer was very decisive and significant: "They come straight home now." The men are stated to have voted against the proposal in proportion of about three to two, and the women about four to one.



# WORLD-WIDE NOTES

## DANGER CONFRONTING THE LIQUOR INDUSTRY EVERYWHERE.

**I**N the United States the report of the National Constitutional Amendment from the Judiciary Committee fell "like a bomb" upon the liquor trade, which immediately spent \$10,000 for 20,000 telegrams to be poured upon Congress, reports an Austrian paper, but the Prohibitionists were also on the spot. A leader of the Socialist party is throwing his influence for Prohibition. Brewers are holding up the danger of non-employment for brewery workmen as a bid for the labor support. The fright of the brewers and distillers in the United States is having an effect upon the European liquor industry.

In Great Britain public houses are being reduced in number and their business hours shortened; 5,000 parishes with 150,000 inhabitants have no barrooms. Scotland is to have local option in 1920, Norway has only twelve cities where the Samlag (authorized liquor company) is in operation. Sweden is reducing her liquor territory to five or six cities, Denmark is beginning to have Prohibition areas.

Even in Austria the liquor industry cannot look too confidently into the future, for commerce is bringing the people into closer touch with outside nations and, as many of the old customs are falling before the example of outsiders, so, it is hoped, the pernicious old drinking customs will not be able to resist long these outside influences.

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## RELATION OF DRINK POVERTY

**A**T a Poor-Law Conference at Great Malvern, England, the following testimony of Dr. Robertson, Medical Health Officer for Birmingham, was presented:

"It is difficult to say whether drink, combined with ignorance and carelessness, does not play as important a part—or even a more important part—than all the conditions of bad housing, smoky atmosphere and poverty. One cannot but be struck, in going over such an area in the evening, with the number of public-houses, and

with the extent to which they are used as clubs. A large number of men and women in the area soak themselves with drink every day, thereby ruining their constitutions, bringing on poverty and indirectly causing most unhealthy conditions."

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## ALCOHOL AND SPORT

**A**N inquiry made by the sporting editor of a Vienna daily, not in regard to alcohol but to training, brought out in the responses remarks about alcohol that are all the more significant.

Otto Sheff, champion swimmer, wrote: "The best qualification for an athlete is not physical strength but abstinence and moderation. Training in the water is not the principal thing. The swimmers' chief foes are alcohol and nicotine. They undermine his efficiency. Staying up nights, lounging in saloons and coffee houses and other excesses are to be strictly avoided."

One of the best runners, Erich Aberger, testified that he had little use for alcohol. Seltzer water and lemonade were his chief drinks, also coffee, tea and cocoa. Oatmeal water he recommended as nourishing and thirst-quenching for runners. In one race, in 1912, he used nothing but fruit.

Willy Arend, a former champion runner, advised total abstinence from alcohol and tobacco if one could do without them; if not at least moderate use. One should live while training as he would live to attain the highest degree of health.

Henry Bauer, the trainer of the Vienna Athletic club, did not forbid smoking and drinking, but thought one was better without. His own regimen is "alcohol-free."

Joseph Steinbach, also of Vienna, who has won numerous world records in weightlifting, avoids alcohol and nicotine, eats moderately, takes plenty of sleep, is a devotee of fresh air and believes the bad air of the drinking rooms injurious to health.

A New York runner, Alvah Meyer, has never drunk beer and only occasionally takes any other alcoholic drink, or smokes, while Deverry, Germany's best short course runner, avoids alcohol and nicotine.

The boxer, Joe Edwards, of Berlin,



holds that a man who needs all of his strength must necessarily be healthy and must, therefore, avoid alcohol, tobacco, strong condiments and stimulants like strong coffee and tea. All these things are not necessary to the modern civilized man; they are heart-poisons, and a boxer needs a strong heart.

An automobile representative, Count Kolowrat, emphasized the necessity of coolness and the ability to see and decide quickly in critical situations, and for this reason many participants in an auto-race abstain from alcohol and tobacco as long as eight days before the event. He himself is an anti-alcoholist and a non-smoker and believes this course has had much to do with his success.

Whether speaking for purely muscular strength and endurance or mental alertness and quick decision, the majority of the contributors emphasized the necessity of either entire abstinence from alcohol and tobacco or of very great moderation in their use.

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### The Twenty-Fifth Anniversary of the German Good Templars

A SKETCH of the origin and growth of the German Good Templars from the date of their founding in 1889 to the present quarter-century anniversary, is the leading article in the *International Monthly for the Study of Alcoholism*, Lausanne, July, 1914. During these years the organization has traveled the road familiar to all reforms—ridicule, indifference, respect, honor. It has now a membership of 60,000, besides 30,000 in juvenile lodges, a strong foothold in the German navy and is making good headway in the army.

Like other similar organizations also, its growth has been at the personal sacrifices and tireless activities of a few able leaders, particularly George Ausmussen and Herman Blume.

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### Reforming of the Drinker Still Necessary Work

FROM the first attempts to rescue the drunkard to the present organized efforts to prevent drunkard-making marks a long journey in the struggle against alcoholism. From considerations of injury to individuals only, we have come to considerations of the social, moral and economical consequences of alcoholism. Nevertheless, the rescue of the drinker must not be left too far in the background. Only

a small proportion of these present themselves for treatment in inebriety hospitals or insane asylums, but a large proportion can be helped, especially in the earlier stages. A drinker of this kind Professor Bunge describes, not as a notorious sot, but as anyone who does not feel comfortable unless he takes some kind of alcoholic drink every day; who cannot think of a festive occasion without alcohol-poisoning.

There is no question but the larger proportion of alcohol patients are mentally defective, but one may not generalize from this that all are such. Outside of the inebriate asylums we meet thousands sick and injured by alcohol who become addicted to drink primarily through the drinking customs, through coercion, miserable social conditions and other external influences.

All such alcohol patients can be cured by proper treatment. This group includes the cases of light alcoholic neuritis, whose number is much larger than is generally thought, as well as other light nervous troubles and digestive difficulties in regular daily drinkers, who can be cured only by total abstinence.

The majority of these persons have absolutely no idea that they are suffering from alcoholism. They may be convinced when they find that some acquaintance suffering from the same difficulty has been cured by total abstinence.

The curing of these light drinkers is a very important matter, for thereby we prevent the injury to the race that undoubtedly comes from the progeny of the hard drinkers. The healing of light alcoholism in the parent prevents or weakens the development of worse forms of alcoholism in the descendant.

The instruction of the young is the most important factor in the alcohol movement, but not to be neglected are the rescue of the drinker and the healing of the drunkard.

The treatment of the light drinkers is the work of the insurance societies. It necessitates winning them to total abstinence, a difficult task for a physician who is not himself an abstainer. There is need of a thoroughgoing system in the insurance societies for the treatment of drinkers, and it has to start with the medical training in the universities.

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### The Growth of the Anti-Alcohol Movement in Russia.

ANTI-ALCOHOL societies in Russia the last few years have increased. Two



all-Russian Congresses have been held, one in 1910, one in 1912. The church is promoting the organization of abstinence societies and the introduction of anti-alcohol instruction in the schools. The minister of the interior is instituting a vigorous campaign against alcoholism among railway men; anti-alcohol exhibits are being carried about for their instruction. The movement against drink is taking root

among the lower classes. Scientific support from the medical and the social standpoint is appearing in the form of leaflets and pamphlets; five anti-alcohol periodicals are published and the subject is debated in the general press as well as in pedagogical, military and legal journals. Eighteen hundred abstinence societies have been formed with about half a million members.

## WHAT IS IN THE MAGAZINES

### Medical

**INFANT MORTALITY AND ALCOHOLISM.**—M. Paul Juillerat, member of the Council of Hygiene and Health of the Department of the Seine, and Dr. A. Filassier, Chief Statistician of the City of Paris, have just published, in the *Revue Philanthropique*, the result of researches which they have made into the causes of infant mortality in Paris. This article shows, concisely, the ravages of alcoholism. In the period of ten years from 1903 to 1912 inclusive, of 97,885 children who died, 53,619, almost half, were children under 11 months old. Congenital debility is responsible for 12,342 of these deaths. However difficult it may be in the present state of statistics to place the cause with absolute certainty in these matters, Juillerat and Filassier do not hesitate to say that this enormous proportion must be attributed to alcoholism in the parents of the congenitally debilitated children. The children of 396 patients, who were addicted to alcohol to a greater or less degree, gave a round mortality of 50.28 per cent. Juillerat and Filassier show that in different domains, medical and social foresight have noticeably diminished the infant mortality. This is the case with diphtheria, pulmonary, tuberculosis, tuberculous meningitis, syphilis, diarrhea, etc. In contrast to this, so far as congenital debility is concerned—which furnishes so considerable a contingent to this mournful record—there has been almost no amelioration.—*Jour. of the American Medical Assn.*, July 25, 1914.

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### English

**THE WAITING POLICY IN EUGENICS TOO COSTLY.**—In Race-Hygiene or Eugenics, quite a new view of the alcohol

question comes to the front. The injury done to the single individual—serious though it may be—is of less importance than the injury done through the offspring to the race. And with this view eugenists claim the necessity for still more research and the application of educational and other precautions. Of course, a practical solution of the alcohol question based on eugenic principles encounters many difficulties. We are not at present able to indicate the absolute limits as to quality or concentration of the alcoholic preparation which affects the offspring. Some of our fellow-workers have therefore given expression to the opinion that we must postpone our eugenic reform work until we have reached scientific conclusions of a more absolute and exact character. Such a policy is hardly well founded. We can not wait to take precautions to save the individual until the chemical and physical effects of alcohol are made absolutely clear; and we can not hesitate to take precautions to protect the offspring—the true rights of the child—until the effect of alcohol upon the germ-plasm is fully understood in all its details.—*British Journal of Inebriety*, July, 1914.

### Sequence of Natural Selection

**THROUGH** its asylums for born feeble-minded, lunatics, epileptics, congenital deaf and dumb, born blind, etc., it [the community] forwards thousands of mental and physically defective individuals so far that they are able to reproduce their kind. Through many of its industrial products it disturbs the chemical relation in human organism in such a way that in our country, for instance, the peasant youth at the age of eighteen or twenty presents itself with artificial teeth. By diminishing the



infant mortality it increases the ranks of degenerates. Through the wars it points out the best of the nation to fall. Through a refined gynaecological practice it increases the number of mothers with narrow pelvis. Through its asylums for drunkards it teaches corpses to walk. All this and much more has the modern culture, the modern community, on its conscience.

But we cannot abolish our culture, we cannot abolish our communal life. We cannot call back the black fever; we cannot let the feeble-minded perish; we cannot let the infants die like flies; we cannot throw the drunkards in the gutter; we cannot cease to love our neighbor, even if our neighbor is mentally and physically "unfit;" we cannot cease to extend charity toward those who are born on the shadow side of life—charity, the finest token of the best human feelings. There is only one solution to all these contradictions, and the solution can be collected in the one word—race-hygiene—a positive, negative, and prophylactic race-hygiene. And the best prophylactic race-hygiene is to take precautions and restrictions against all chemical race-poisons, especially lead, syphilis, and alcohol.—*The British Journal of Inebriety*, July, 1914.

#### German.

**ALCOHOL IN INFECTIOUS DISEASES.**—Starting with the discussion at a medical congress in Weisbaden in 1888, of the use of alcohol in medicine, Prof. E. Ewald reviews the important experimental work and clinical experiences that have since thrown light upon the question of its use, in infectious diseases particularly. In the midst of all shades of views, from complete withholding to unstinted allowance, "runs the red thread" of personal impression and untested assertion, instead of precise proof and unequivocal findings. We lack large numbers of similar cases treated, some with and some without alcohol, for comparison.

Experimental researches, he says, have yielded nothing in favor of alcoholic prescription in infectious disease. Susceptibility is not lowered, the virulence of the infecting germs is not weakened. This is in harmony with clinical experience.

The relation of alcoholism to infection is a different matter from alcoholic medication, but here all observers are agreed that in infectious tropical diseases alcohol

has a deleterious influence on the resistance of the organism against invasion and upon the course of the disease when established. In venereal infection the injurious influence of alcohol is clear and emphatic. It is both direct and indirect, for without exaggeration it can be said that 75 per cent. of the cases incurred danger of infection while under the influence of alcohol. Total abstinence gives the best prospect of avoiding the syphilitic sequences, paralysis and tabes.

The Leipzig sick club statistics afforded a large amount of valuable data. In those, consumption among drunkards was found to be ten times as frequent and fatal as among the generality, and other infectious diseases were from one and one-half to two times as frequent. This was owing, of course, not only to the direct effects, but to the indirect as well, to the general misery of the drinker's life, dirt, bad housing, insufficient diet, neglect of personal hygiene.

If cancer is included among infectious diseases, then the injurious effects of alcohol are shown here also. According to the statistics of the United Kingdom Temperance and General Provident Institutions, every five years from 1891 to 1896 there were seventy-six deaths from cancer among abstainers to 140, twice as many proportionally, among the non-abstainers.

[There were 8,648 more in the abstainers' than in the non-abstainers' section.]

—*The Alcohol Question*, Berlin, 1914, No. 2.

**\*  
STATISTICS AND ALCOHOLISM.**—The health statistics of the Prussian states for 1912 yield much interesting information on the alcohol question. During the year Prussia lost by deaths from delirium tremens 936 persons, all in the best years of life, 30-60, the most between 40 and 50. The insane asylums admitted 6,822 alcoholic patients, the twenty-four inebriate institutions treated 2,226 cases; alcoholism led directly to 635 suicides (7.3 per cent. of all cases), and played an undoubtedly large part in other causes of suicide such as mental and nervous diseases, physical troubles, hereditary afflictions, grief and remorse.

Industrial accidents showed a marked decline due to the various measures adopted by industrial concerns to suppress drinking, such as prohibiting it during work hours, and providing substitute drinks.



The use of alcohol by school children as well as by the general population appears to be declining, although special reports by medical school inspectors show the custom of giving spirits to children still very prevalent. Special mention is made of barmaids and prostitution, not only in the larger centers which are "saturated" with it, but also in the small towns.—Dr. I. Flaig, in *The Alcohol Question*, 1914, No. 2.

Other articles of interest in the same journal are:

An outline of the proposed collection of international statistics on the consumption of alcoholic drinks, by Prof. E. W. Milliet, of Switzerland.

A summary of the various regulations and measures in Germany relating to the suppression of alcoholism among railway men, by Dr. Gage, a railroad surgeon in Stettin.

The German Society for the suppression of the liquor trade in Africa, by A. W. Schreiber, Secretary of the Society.

A report on public water drinking facilities in the United States, from an inspection tour made by Dr. Abel, Medical Councillor in the Department of the Interior.

\*  
Austrian.

**T**RAINING THE CHILDREN OF DRINKERS.  
—Dr. Fritz Neumann, director of an institution for the care of inebriates in

Vienna, shows that the work of caring for drinkers should be extended to the protection of his children. There is more prospect of results in such preventive work than in the reclamation of the fathers. Experience with two institutions maintained by the Austrian Anti-Alcohol Society in Vienna where 450 cases have been under treatment the last two years have made possible a classification of the cases treated. The first is a group in which it has been possible to allow the patients to remain with his family after persuading all to abstain entirely from alcoholic drinks, and securing for the patient occupation in which he will not be subject to strong temptation to drink.

The second group is of cases so weakened mentally, or so badly situated at home that it is necessary to send them to an institution for at least six months. The third group is made up of cases so far gone that they will not be able to support themselves again and have to be committed for life to a poorhouse or workhouse.

But the work with the children does not end when the father is disposed of. Warning them from the drinking customs which have so long cursed them and guarding them from the consequences of the chronic mental and physical injuries to which the drinkers' children are predisposed are important preventive measures.—*Der Alkoholgegner*, Vienna, July, 1914.

## THE LIBRARY TABLE

SHALL I DRINK? By Joseph H. Crooker. Boston: Pilgrim Press. Price, \$1.00.

Few medical men have studied the alcohol question more carefully than has Rev. Joseph Crooker, D. D., chairman of the Temperance Committee of the Unitarian churches, as is evidenced by his recent book, "Shall I Drink?" The origin of the drinking custom in the superstitious ceremonies of the ancients; its unobserved proportions in the evils that block progress; its share in necessitating the pauper and penal institutions that represent the failure rather than the success of our civilization; the waste and harm to business, public and private; its pre-natal and anti-natal effects upon the young, are strongly and clearly delineated. Against current pro-

liquor fallacies, he marshals the innumerable facts of statistics, experience and experiment gathered from a wide research, and he points out the forces that constitute "Signs of Promise."

The strong appeal of Dr. Crooker's writing is well known. The following is a sample from the present book:

"Whenever we turn a corner, the menace of the saloon meets us. But who sufficiently cares? Whenever we open a newspaper and read, the evils wrought by the drink habit are spread upon every page. But who sufficiently cares? Whenever we look about our neighborhood, the evidences of its ravages are in many a house. But who sufficiently cares? Whenever we visit ballot box, council chamber,



or legislative hall, we find that the liquor interests have been there before us. But who sufficiently cares? Whenever we start out to confer some blessing or abolish some evil—to improve the public health, rescue the victims of the traffic in vice, or better the condition of discharged convicts, there stands the saloon as a bar across our pathway. But who sufficiently cares?"

Dr. Crooker's book will help to increase the number of people who will soon begin to care very much.

Sixteen illustrations, reproductions of the Scientific Posters, set forth in graphic form some of the statistical and other facts presented in the text.

\*

JOHN BARLEYCORN. By Jack London. New York: Century Co. Price, \$1.00.

The gifted pen of Jack London with a few swift strokes has laid bare the "cause" of alcoholism, for which many scientific scalpels are still laboriously probing.

Here are the few, short, sharp sentences that reveal it:

"I was no hereditary alcoholic. I had been born with no organic chemical predisposition toward alcohol. In this matter I was normal in my generation. Alcohol was an acquired taste. . . . Twenty years of unwilling apprenticeship had been required to make my system rebelliously tolerant of alcohol, to make me, in the heart and depths of me, desirous of alcohol. It is the accessibility of alcohol that has given me my taste for it. Not only has it been accessible but every interest of my developing life had drawn me to it. . . . All ways led to the saloon. . . . I did not care for it. I used to laugh at it. Yet here I am at last, possessed with the drinker's desire. It took twenty years to implant that desire, and for ten years more that desire has grown. And the effect of satisfying that desire is anything but good. . . . John Barleycorn makes towards death. . . . Comparatively few alcoholics are born in a generation, and by alcoholic I mean a man whose chemistry craves alcohol and drives him resistlessly to it. . . . Men learn to drink because alcohol is so accessible. The women know the game. They pay for it—the wives, sisters and mothers. And when they come to vote they will vote for Prohibition.

"And the best of it is that there will be no hardship worked on the coming generation. Not having access to alcohol, not

being predisposed toward alcohol, it will never miss alcohol. It will mean life more abundant for the young manhood of the young boys born and growing up—ay, and life more abundant for the young girls born and growing up to share the lives of the young men."

When he told all this to "Charmian" she suggested that he write it up for the sake of the young men and women, so as to help the wives and sisters and mothers to the way they should vote. And in accordance with this suggestion "John Barleycorn: The Memoirs of An Alcoholic" was written.

\*

ON THE FIRING LINE. By Jenkin Lloyd Jones. Chicago: Unity Publishing Co. Price, 50 cents.

The library of the temperance worker is not complete without a few good and interesting books to lend. An excellent one for this purpose is "On the Firing Line," by Jenkin Lloyd Jones. The first chapter is a picture drawn from the author's experience when obliged to pass a night in a well-conducted saloon in a country village in Wisconsin, with a respectable young German as proprietor and his respectable wife as aid, and during an evening in which no tragedies occurred. The conditions were as favorable as possible for seeing the saloon at its best as a social center. But what the author saw that evening and the next morning will leave no room for doubt in the mind of any honest reader as to the real character of that best.

With the same grace of expression and absence of dogmatism or unkindliness is told the story of the author's two neighbors, two *gentlemen*, loved by all who knew them, whose fate the people who loved them might have averted, but the Cain-like policy of *laissez faire* sent them early to drunkard's graves.

The third chapter likens the situation of the temperance forces—the book was written in 1910—to the situation of the Union Army in 1863 at Chattanooga, where the author served under Sherman. And now "the flanking forces are swinging into line, the Hooker of science is climbing Lookout Mountain, the William Tecumseh Sherman of economics is moving his solid but quiet industrial columns up the Chickamauga Valley."

Wherever the book goes it will be read, and wherever it is read the impression left is likely to be strong and convincing.



**PROHIBITION ADVANCE IN ALL LANDS.** By Guy Hayler. London: International Prohibition Confederation. Price, 62 cents.

A comprehensive review of the measures applied by all countries and in all ages for the restriction of the liquor traffic is presented in the 350 pages of "Prohibition Advance in All Lands," by Guy Hayler. The forces at work on the problem and what they have accomplished is passed rapidly in review. One sees that history repeating itself is not always a treadmill experience, for here and there are always the leaders who have studied the past and endeavored to remedy the weak places in the old measures when devising new ones. The history of country after country shows that greed of gain rather than a normal craving for narcotics, is the answer to the question, "Why do men drink?" The license system adds the encouragement of government sanction to private greed. The abolition of all restriction lets loose a horde of vampires to prey upon the people. The so-called disinterested management provides some sort of liquor company that is "out to do the greatest amount of trade it can" and is always found fighting the temperance reformers. Local option gives the people power to free themselves from the tyranny of the traffic and the gradual whitening of the maps where this freedom is granted shows how this opportunity is used.

The contents of the book include a preliminary chapter on The Struggle of Sobriety; The Principle of Prohibition; International Temperance Organizations; International Work Among the Young; The Prohibition Appeal to All Nations. Part 2 takes up in turn all the countries of Europe; Part 3, of Asia; Part 4, of Africa; 5, America; 6, Australia. Maps showing the degree of restriction in each country are a welcome feature, and an extensive index renders the volume a ready and efficient handbook.

\*

**THE QUESTION OF ALCOHOL.** By Edward Huntington Williams, M. D. New York: The Goodhue Company. Price, 75 cents.

An active writer on the alcohol question of late, Dr. Edward Huntington Williams, has republished in book form the articles he contributed recently to the New York *Medical Record* and *The Sur-*

*vey*. To these is added a concluding lecture by his brother.

The first chapter is devoted to showing that since Prohibition in the South has made it difficult to obtain alcoholic liquors, drug habits there have enormously increased. He thinks the increase is due to Prohibition; but to what, then, is due the remarkable increase of drug habits in northern cities where saloons stand invitingly open on every corner? The author believes that the increase in the use of drugs is more rapid in the South, but the figures he cites to show this are taken from the hospital reports of only one northern state and a few southern cities. A much wider range of statistics is needed to be convincing.

The second chapter is a reprint of the *Survey* article on temperance teaching in the schools, which was reviewed in the June JOURNAL. Chapter three is devoted to insanity in Kansas. The opinion recently expressed by an official of that state attributing the decrease of insanity in Kansas to the better enforcement of Prohibition, Dr. Williams challenges. For, while insanity decreased in Prohibition Kansas, he argues, it decreased still more in adjacent "wet" Nebraska. Considering that Nebraska was materially decreasing her wet territory during this period, the case against Prohibition is not helped by this illustration.

Another boomerang appears in chapter four where, arguing that homicides are more frequent in Prohibition than in non-Prohibition territory, the author affirms that the "record for homicides in 1912 went to Memphis, in Prohibition Tennessee, with 64.3 per 100,00, as against license Philadelphia's 1.4." But in chapter one, Memphis has already done duty as a non-Prohibition city, for this same period, 1912. There, the author wrote, "On the other hand, in such a place as Memphis, with its 70,000 negroes, where no attempt is made to stop the sale of liquor, there has been only a moderate increase in the number of drug-takers."

The same illustration used in the *Medical Record* as an example of "lack of scientific caution" on the part of the Scientific Temperance Federation, reappears in the book. Part of a sentence from "Alcohol in Every-Day Life" is cited as a "dogmatic assertion," but the part tell-



ing that it was an estimate, based on estimates, is omitted.

In the final chapter we find that, carried away, apparently, by the momentum of his theory that the per capita consumption of alcohol has gone up and up and is still going, he places the rate for 1913 as highest of all, "more than twenty-three gallons," while the "Statistical Abstract" gives it as only 22.68 gallons, which is less than it was in 1907 and 1911. The same government report shows that the highest per capita rate in the United States, 22.79 was reached in 1907 and has not since been exceeded.

The final chapter offers practical, but not new, suggestions: Give the drunkard medical treatment instead of sending him to jail; increase facilities for normal social enjoyments; shield the young. The method proposed for shielding the young is simply to teach him self-control and leave the liquor traffic where it is, to decoy him. This will not satisfy those who look upon drinking customs, not as the expression of a normal demand, but of an avaricious supply seeking unlimited demand and aided therein by the instinct of imitation, the coercion of social customs, and the diseased craving that follows, as night follows day, the operation of the traffic.

\* \* \*

## ALCOHOL'S LEDGER IN INDUSTRY

**T**WENTY-FOUR pages packed full of brief, pointed accounts of the effects of alcohol on efficiency, describes an illustrated pamphlet by Miss Stoddard entitled, "Alcohol's Ledger in Industry." Accidents, health, working capacity, lost time, spoiled work and tax bills, all intimate affairs of industry and productivity, constitute the subject matter, while thirteen illustrations, some new, help to make the matter plain. It deserves a place among the "Safety First" literature of every industrial plant.

\* \* \*

## ANNOUNCEMENT.

Increasing demands for reliable information on the alcohol question, and for a more comprehensive review of its literature have led to an enlargement of the SCIENTIFIC TEMPERANCE JOURNAL.

The added pages and two added months of publication, July and August, will increase the cost. Hence THE SUBSCRIPTION PRICE IS RAISED TO \$1.00 A YEAR.

This issue is sent to many friends, who, it is hoped, will become regular subscribers.

## CURED BY A DOG

By Mr. A. Gordon Fletcher

**A** FARMER was one day standing beside his wagon in a market town. Many who passed noticed his honest, cheery face, his well-fed horses, and the fresh, green vegetables with which his wagon was loaded.

They also noticed the farmer's dog, a fine, large Newfoundland, with a jet-black coat and a big white patch on his breast. There were a few white hairs about his muzzle, and anyone could see that the dog was no longer young.

He seemed quiet and gentle, and he let the children stroke his curly hair. But when a tipsy man came along the street, he showed his white teeth with a growl, and kept close to his master.

A gentleman who saw this said to the farmer: "Your dog has no love for strong drink, my friend, though he is, no doubt, quite at home in the water. I suppose he is a temperance dog?" he added, with a smile.

"That he is, and no mistake," said the farmer, "and a temperance preacher as well. I could tell you something of old Neil's preaching if you cared to listen," he went on, patting the dog's head.

"Please do; I should like to hear it," was the answer.

"Well, a good many years ago this dog belonged to a young farm laborer called Jim Snow. Jim bought him cheap from a tinker, who was often tipsy, and at such times was often cruel to him. That, no doubt, explains Neils' dislike of drunken people.

"Some weeks later Jim was in town one day, and, as usual, he was pretty nearly drunk when he got home. Neil went to meet him; but as soon as his master came near the dog ran back growling, as you saw him do just now.

"Jim followed him, and put out his hand to take hold of the dog; but he got a pretty sharp bite from those long, white teeth, so Jim was glad to leave him alone.

"Next day the dog was as good tempered and as fond of his master as ever, and all was right again until Jim's next visit to town.

"When he came home the dog went up and sniffed at him. Then, smelling the drink, he ran away growling, and hid him-



## CURED BY A DOG

(Continued from page twenty)

self. This time Neil kept away from his master for two whole days, and spent the time lying in an outhouse.

"Jim began to think over this, and at last it came into his head that the dog was ashamed of him when he had been drinking. The end of it all was that Jim began to feel ashamed of himself, too, and from that day he never again touched a drop of strong drink."

"What became of Jim, then, and how did you come to own the dog?" asked the stranger, who had listened with great interest.

"Oh, well, you see, I'm Jim," the farmer replied. And then he added: "I have my good dog to thank that I am not still a poor farm worker and drinking away all my wages. He taught me that a tipsy man is not fit company even for a dog; and I never forgot the lesson. By his help I began to save up, and now have fine prospects and a good farm of my own."

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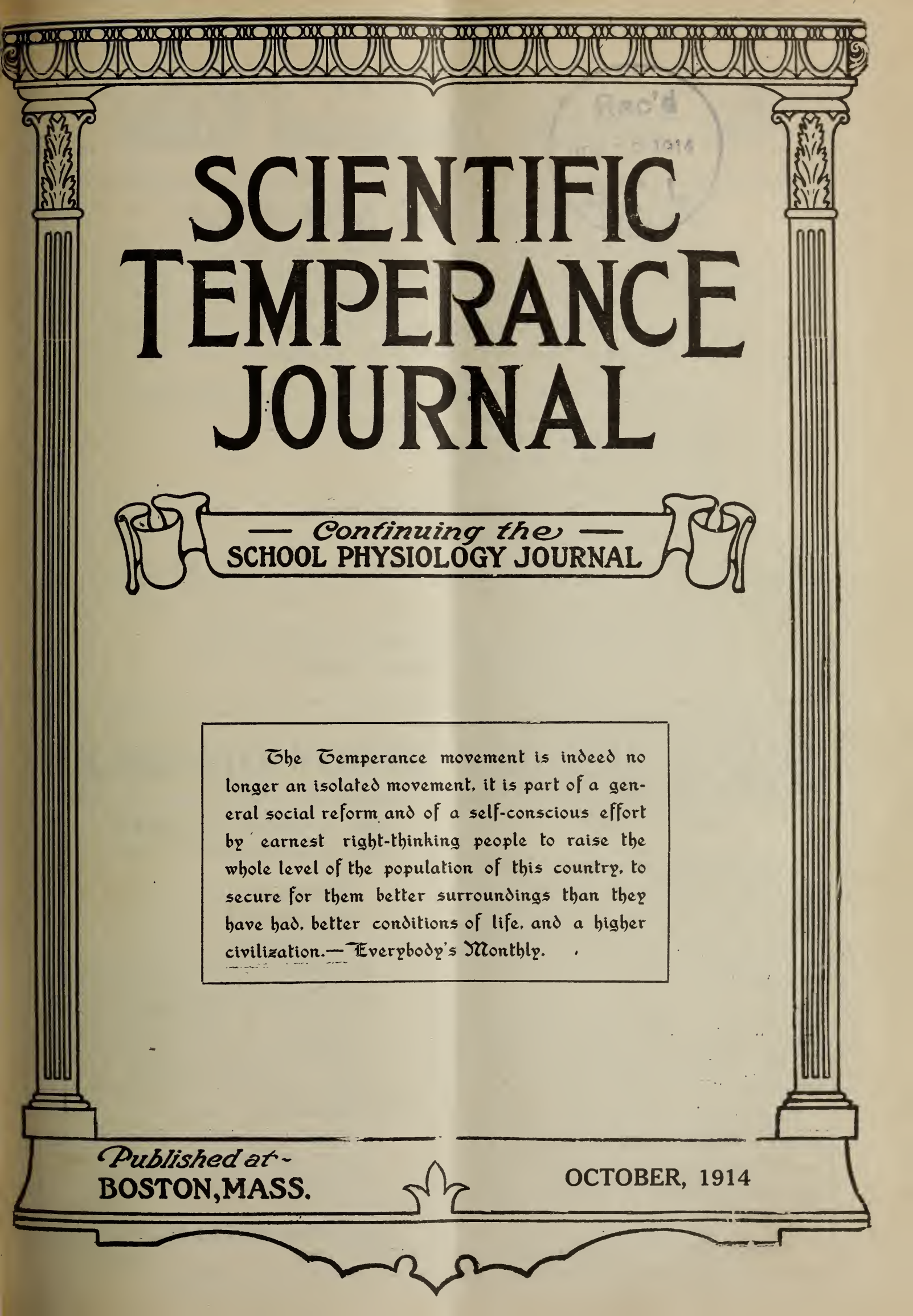
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# SCIENTIFIC TEMPERANCE JOURNAL



— *Continuing the* —  
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The Temperance movement is indeed no longer an isolated movement, it is part of a general social reform and of a self-conscious effort by earnest right-thinking people to raise the whole level of the population of this country, to secure for them better surroundings than they have had, better conditions of life, and a higher civilization.— *Everybody's Monthly.*

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# Scientific Temperance Journal

Vol. XXIV

BOSTON, OCTOBER, 1914

No. 2

## Plastic Youth

I took a piece of plastic clay  
And idly fashioned it one day;  
And as my fingers pressed it, still  
It moved and yielded to my will.  
It came again when days were past,  
The bit of clay was hard at last,  
The form I gave it still it bore,  
And I could change that form no more.

I took a piece of living clay  
And gently formed it day by day,  
And moulded with my power and art  
A young child's soft and yielding heart.  
It came again when years were gone,  
It was a man I looked upon;  
He still that early impress wore,  
And I could change that form no more.  
HELEN McCLEOD in *Christian Manhood*.

\* \* \*

## Naval Warfare and Alcohol

By DR. STEPHAN,

Naval Surgeon in the German Imperial Naval Office.\*

THE alcohol question in our navy has been the subject of two previous articles in this magazine, both dealing with the effects of immoderate use and its consequences to the service and proposals for combating the present nuisance. This article will deal with the effects of moderate and small doses, and the influence which they would exert in modern naval warfare.

According to our national conceptions, the following are considered moderate amounts of alcohol:

One bottle ( $\frac{3}{4}$  quart) of Rhine wine, 55-60 grams (1 2-3—2 oz.) absolute alc.

One bottle ( $\frac{3}{4}$  quart) of Red wine, 50-55g. (1 2-3 oz.) absolute alc.

One-half bottle ( $\frac{3}{4}$  quart) of Champagne, 50-55g. (1 2-3 oz.) absolute alc.

One bottle ( $\frac{3}{4}$  quart) of Mosel wine, 45-50g. (1 1-2 oz.) absolute alc.

Two glasses of Port wine or sherry, about 36g. (1 1-5 oz.) absolute alc.

Two glasses of brandy, about 36g. (1 1-5 oz.) absolute alc.

One quart of beer, 30-40g. (1 1-3 oz.) absolute alc.

As small amounts:

One-fourth quart, i. e., 1 small glass of beer equals 10g. (1-3 oz.) absolute alc.

One little glass of light spirits equals 10g. (1-3 oz.) absolute alc.

What effect these amounts of alcohol have on healthy men, in the full strength of their manhood, is a difficult question to

answer from daily life for two reasons: Self-observation leads usually to deceptive results because the judgment is impaired, as we shall see later, and the resulting disturbances are mostly so unapparent that they escape the ordinary observer. Not until the very painstaking and exhaustive experiments continued for many years at Heidelberg by Prof. Kraepelin and his pupils, was this clearly brought out.

Since Prof. Kraepelin's investigations furnish the foundation for our conclusions and are necessary for a comprehension of them, we will give a brief description of the methods of the experiments with the results.

### Psychological Experiments.

The chief points in the investigation are as follows:

In order to be able to study the effects of alcohol upon the individual, it is necessary to analyze our mental operations and to test the effects of alcohol upon the separate functions by the simplest experiments.

Emotions and feelings (in a broader sense our moral inner nature) are excluded because we know of no method by which we can measure and compare their strength. We can, however, investigate:

1. Our power of perception, that is, the extent and precision with which we become aware of sense impressions.

2. Our power of attention, that is, the extent and certainty with which we grasp and hold a sense impression.

\* Marine Rundschau, June, 1906.



3. Our power of association, that is, the ability to connect images and ideas, and in a broader sense, the power of judgment.

4. The rapidity with which an impulse to move ends in actual movement.

5. Muscle power in both its finer and coarser aspects.

1. The test of the power of perception was confined to the sense of sight. It consisted<sup>1</sup> in forcing upon the attention with the greatest possible speed, certain letters of the alphabet. The letters were presented for the shortest time in which sometimes, but not always, they could all be perceived. The number of correctly perceived sight-stimuli (nonsense syllables as well as one and two syllable words) were taken as the measure of the power of perception.

The apparatus for the experiment consisted of a revolving drum behind which letters of uniform size were made to appear at regular intervals through a small opening. The width of the opening and the velocity of the drum were so arranged that all of the letters were not always clearly distinguished by the various observers.

The subject of the experiment named aloud the character he observed as it appeared before his eyes and his words were immediately recorded stenographically. The apparatus is called the perception drum.

2. The "shooting slide" furnishes the most exact means of measuring the power of attention. With this apparatus, aided by a mechanical device similar to the shutter in a camera, letters of uniform size and uniformly lighted are presented to the eye of the subject for a uniform but very brief time.

Of the series of experiments performed with the shooting slide, the one that particularly interests us is the second. In this a definite uniform interval of time between the successive readings on the slide was given to exercises of various kinds, such as counting, reading or adding, for the purpose of diverting attention, and then determining how many of the characters presented briefly to the eye just before by the shooting slide had been correctly impressed. It is quite remarkable that a considerable number of errors were found among the data that the subject thought had been correctly impressed.

A further test of the power of atten-

tion is the memorizing of a column of twelve figures.

3. The association experiments were so arranged that quick responses must be given to a number of words. From a long series of responses can then be computed how many of the associated words stand in a logical, rational relation and how many express only an external, accidental connection; in other words, whether the thinking is rational and connected, or shallow and inattentive.

4. The time required by a subject to answer a definite signal with a pre-arranged response was ascertained. This is called his *reaction time*.

5. In order to measure the gross strength of muscle, a dynamometer was pressed down as forcibly as possible with the right hand and the indicator read. The Moss ergograph was also employed. A weight to which a cord is attached passes over a pulley and is attached to the finger. Bending the finger raises the weight and the height to which it is raised is automatically recorded by a pencil marking on a revolving cylinder. A computation from these marks shows the amount of work done.

The next step was to determine the effect of a single, moderate, and of a single small dose of alcohol, and the effects of such use continued for a long time.

### Perception.

Ach<sup>2</sup> investigated the influence upon the power of perception, exerted by three-fourths of a quart of beer, by means of the perception drum, determining the number of letters that were read, the number miscalled and the number omitted. He found the working ability considerably lowered. More of the letters and syllables were omitted or incorrectly read. When one considers that impairment of perception comes most in evidence through omissions, then there can be no doubt from the large number of letters omitted that the power of perception was considerably impaired. The effect of the alcohol was most clearly shown in the reading of the meaningless syllables; here in consequence of the small help afforded by memory the perceptive faculty was concerned in its purest form. In the reading of these syllables the first letter was most frequently omitted, the last less frequently, and yet more frequently than the middle character. This shows that the ability to turn the attention



quickly to the object presented (stimulus) is lowered and that the impression made upon the attention fades. In other words, under the influence of three-fourths of a quart of beer, attention is directed to an object less quickly and the impression made is less vivid. The impairment begins about ten minutes after the alcohol is taken and reaches its maximum after from twenty-five to thirty minutes.

Rudin<sup>3</sup> experimented with 100 ccm. of alcohol, corresponding to about two bottles of Rhine wine or one bottle of Champagne and found with a revolving drum, a considerable increase of errors and omissions. For example, the precision as well as the scope of perception was considerably lowered, and the effects of the amount of alcohol used lasted from 4-12 hours.

Kraepelin's experiments with one-fourth of a quart of beer showed also a weakening of the power of perception. Kurz and Kraepelin<sup>4</sup> proved that when two quarts of beer were slowly taken in the evening and a test was made with the perception drum the next morning, more syllables and words were omitted than when no alcohol had been taken the previous evening.

### The Influence Upon Attention.

Rudin ascertained by means of the shooting slide that after the use of 100 ccm. of alcohol (equal to two bottles of red or Rhine wine or two and one-half to three quarts of beer) the ability to reproduce a quickly presented sense impression suffered considerable loss in clearness and precision after fifteen to thirty seconds. He found also that more impairment was shown in the reading of disconnected syllables than in the reading of words, that attention was impaired more than perception. The disturbance created by the alcohol increased therefore, with the difficulty of the task.

In the duration experiments of Kurz and Kraepelin the memorizing of twelve place figures showed a loss of 40 per cent.

Concerning the association experiments Kurz and Kraepelin stated that: "On the whole it was clear that on the non-alcohol days the associations showed more rational, more specific, more discerning, more observing connections, while on the alcohol days the connections were more confused, foggy, sentimental and general; also that there is greater promptness in the association on the non-alcohol days, and

the operation is easier, but on the alcohol days more difficult.

The experiments of Supt. Joss,<sup>5</sup> of the seminary of Bern, about seventeen years ago; are especially instructive. The work consisted of the solution of arithmetical problems and took into account in the same way attention, concentration, perception, memory, the connection of ideas, comprehension and keenness.

The seminary pupils were divided into two groups of ten each, one group receiving from one-tenth to one-third of a quart of wine or three-tenths to one quart of beer (corresponding to from ten to forty grams of absolute alcohol), the other group received none.

After a brief and unimportant rise, the working ability of the alcohol group decreased about 4.9 per cent. the first hour, 10.9 per cent. the second hour, and 12.5 per cent. the third hour. The decrease in each experiment was in proportion to the amount of alcohol taken.

Reaction time, that is, the time required to reply to a signal, is at first shortened by small and medium amounts of alcohol, but later it is lengthened. The lengthening is especially marked in the "choice reactions," that is, where a choice has to be made between two signals in accordance with a pre-arranged plan.

Rudin remarked in his observations with the shooting slide that the result often appears to be influenced by greater promptness of speech, that is, by hastening responses prompted by inexact and false perception.

Experiments with the dynamometer offer opportunity for testing not the rapidity but the intensity of muscle innervation, and also of rightly estimating the inner experience which, in the choice experiments, signalizes to us the feeling of a considerable increase of working strength. It is this familiar experience which has continually led to the inference of a strengthening effect from alcohol and even today makes alcohol appear indispensable as a stimulant in hard physical labor.

Kraepelin, however, found in his own case only a very temporary increase of gross muscle power, and in his assistants even this was absent. In the ergograph experiments it was found that after fifteen to twenty grams of alcohol (equal to a glass of brandy or one-half a quart of beer) the number but not the height of the



liftings increase in the first hour of the experiment, the impulse to movement was quickened, but the strength declined. Hard work, therefore, is not made easier, but more difficult by alcohol.

Mayer<sup>6</sup> investigated the influence of three-fourths of a quart of beer upon writing. The writing movements decreased in speed after five minutes and at the same time the ability to adapt the muscle control to the making of fine strokes was lost.

Kraepelin summed up the results of his studies as follows: "The most positive result in nearly all of the experiments is that alcohol in amounts of from thirty to forty-five grams (one quart of beer, one-half a bottle of wine, two glasses of sherry), rendered in some degree more difficult all the mental processes investigated. With doses of sixty grams the hindrance is very considerable for from one to two hours; with smaller doses it passes away in from forty to fifty minutes. In contrast to the detriment to perception and its effect upon the intellect, alcohol facilitates, at least in the beginning, the impulse to motion. But here it is only the speed that is influenced; the output of strength is benefited only temporarily, with small doses and with persons of small susceptibility toward alcohol, and the increase soon gives place to a considerable diminution.

Such is the quantitative outcome; but qualitatively, work done under the influence of alcohol undergoes certain changes. We observe, all through, the conversion of a sensible connection into a mechanical one, and loss of the inner objective in favor of a purely external, accidental connection.

Furer<sup>7</sup> ascertained and Rudin verified the fact that a large drink taken in the evening has an observable effect the evening of the following day, and a drink taken before breakfast has a still longer effect. The injurious effects will not therefore be banished by a single night's sleep.

#### Confirmation by Target Practice.

A striking confirmation of this strictly scientific laboratory work, especially for the military reader, is furnished by the experiments in target practice instituted by the Swedish and the Norwegian armies.

In 1903 the publisher of the "*Swedish Rifles Magazine*," Lieutenant Bengt. Boy,<sup>8</sup> undertook to determine the influence of al-

coholic drinks upon marksmanship by means of practical experiments on a large scale. The program and the method of exercise were worked out after extended theoretical preparation. The experiments were performed upon the training field Ranneslett with the consent of the military authorities, which lent interest and sympathy to the undertaking.

The exercises, all at a distance of 300 meters, consisted of a precision exercise of five shots, a quick-firing exercise lasting one-half minute, volley firing of four shots, and a duration experiment of five shots.

Many of the various series were performed first without alcohol, then with alcohol, then again without alcohol, and all the shooting was done under exact control. In the experiments of short duration, precision, quick firing, and volley shooting, from thirty-four to forty-four grams of alcohol in the form of brandy (two and one-half glasses) were taken from twenty to thirty minutes before the beginning of the exercise, and besides the same amount of alcohol in the form of punch on the evening before the experiment day. In the endurance tests only twenty-seven grams of alcohol, equivalent to two-thirds of a quart of beer, were taken.

The result of the experiments was, without exception, a loss of precision under the influence of alcohol. In the quick-firing exercises in the non-alcohol tests there were only sixteen failures to 100 in the alcohol tests.

In sharp contrast to these objective results of the experiments were the subjective impressions of the participants. In the quick-firing experiments, especially, the men were certain after taking alcohol that they had done exceptionally well. One remarked after discharging his shots that he thought one could shoot better after taking alcohol.

Closely similar results were obtained in Norway in 1904. There the marksmanship of soldiers who had received the field ration of alcohol was compared with that of men who had received none. The number of hits after taking this moderate field ration was 60 per cent less than the usual average of good shots.

The results of the Heidelberg researches, moreover, have been verified by so many other scientific experiments that it



would be difficult to summarize all the findings in a brief review.

### **The Use of Alcohol in the Navy.**

We are now ready to consider the influence of alcohol in a modern naval battle since we can apply the abstract results of science to the conditions on board a mobilized fleet.

### **Efficiency of the Troops and Under Officers, Range Finders and Gun Crew.**

In a naval battle the severest demands upon physical executive ability fall upon the gunners and torpedoists, and next upon the machinists and firemen. The work is made difficult partly by the heat of the engines and partly by the powder smoke on the gun platforms, and for this reason it is more difficult than the hardest labor required of workmen on land. The work is also, especially for the machinists, not simply a matter of exerting all their strength for a short time, but it may have to continue, as the experience of the last naval war showed, for months. And to make the matter still worse, sleep is cut down to the minimum, and time for rest, outside of the short allowance for sleep, can seldom be secured.

If we recall the experiments with the dynamometer and the ergograph, it is evident that the engineers and gunners can do more without alcohol than with even small amounts of it.

### **Signal Corps and Lookouts.**

The chief requirement of the lookouts and signal men is quick, sharp, and accurate perception and attention to everything that goes on far and near, as well as a correct response to what is seen or heard either by report or question. This recalls the experiments with the perception drum and the shooting slide. But there in the quiet laboratory, in a good, steady light and without any disturbance of the feelings, and here on board a floating ship, the conditions are quite different. Aside from the emotional disturbance, which for concentration of attention requires the greatest self-control, the power of observation is often rendered difficult by fog, rain, blinding sunlight on reflectors, strong wind, darkness, or by the roar of the guns.

The impaired power of perception of sense impressions corresponds to im-

paired power of attention and the appearance of gross mistakes in recollection. Ought we to add these proven effects of alcohol to the impediments to perception and attention that are unavoidable incidents to naval battles?

Still greater demands are made upon gun captains and range finders, the compass and sextant observers and the machinists. They must not only observe keenly and correctly but their muscle movements must be finely co-ordinated for the correct adjustment of light weights and small screws, a task which experience has shown, may be made difficult by mental excitement alone. If one recalls the evidence showing that even moderate amounts of alcohol have an unfavorable influence upon precision and speed in writing, as well as that showing that it facilitates the discharge of muscular movements without at the same time improving the mental operations, as the quick-firing experiments of the Swedish army proved, then one will desire to have every kind of alcoholic drinks barred from this branch of the service.

### **Duties of the Officers.**

Apart from keen perception, the question for every officer is that of a rapid and correct combination of the events occurring within the scope of his command. The higher the officer the more difficult are his mental operations. Even if one escapes from the highest mental operations involved in the experimental investigations, still all the circumstances indicate that not only the half intuitive conceptions but those as well that effectively direct the most rapidly changing environment are subject to the same laws as the simpler mental processes whose unfavorable influence by alcohol has been proved. Of greater importance moreover for officers of all grades and all ranks is the greater readiness of speech brought out under the influence of alcohol.

There remains only to draw the conclusion that has a special significance for our German relations and this in my opinion is the following:

In foreign waters all alcohol should be fastened in the hold and not opened until actual demobilization.

The question arises whether, in the interests of efforts at moderation, attempts



to decrease the use of alcohol as much as possible would not be sufficient. No. In the first place on a mobile fleet there is something more important to do than to inspect the canteen and calculate the quantity of liquor used. And in the second place experiments have shown that even moderate or small amounts of alcohol, which might be harmless in a quiet and comfortable life on land are placed in a different light under the extraordinary efficiency that naval service requires.

If only gradually declining doses were allowed, then overstepping of the limit and punishment would be in the day's program, for such doses do not produce the exciting effects for which alcohol is desired.

It is to be expected that notwithstanding all the excitement, the monotonous life on board a mobilized ship, without shore leave, might lead even moderate persons frequently to drink, especially as there would scarcely fail to be some bad examples.

And how could it be proved whether one drank immoderately or not when the only measure for immoderation is intoxication, while the impairment of one's fitness for service, as we have already shown, begins much earlier?

The nourishing and warming value of alcohol, which have been urged in its favor—erroneously as has been shown—does not enter into the question in naval service. Insufficient provisioning, that often occurs on land, and scarcity of food, are as good as excluded on board ship, and warmth in the way of clothing and heating is also much better cared for than is often possible on land in a winter campaign.

The further objection may be raised

that with these radical rules more harm than good is done, because such a severe curtailment of personal liberty as the prohibition of an old popular custom must greatly reduce the enjoyment of the service.

The reply to this is that a ship in active service is no place for individual freedom; there, nothing but iron necessity rules. Besides, the healthy man in times of keen mental tension has no need of excitation by alcohol. Any one who feels it to be necessary in times of peace should be rejected as unfit for military service.

That alcohol taken as a "bracer" arouses to quicker, thoughtless expenditure of energy is without doubt to be admitted, but it is an error to imagine that modern naval battles are to be won by such means. The kernel of this matter is contained in the following words of a naval officer of high rank:

"Conditions on the water are quite different from those on land. In the naval fight it is not the individual men who charge, but only the commanding admiral, and for him the charging is a very sober arithmetical problem and the difficulty of this task is not lessened by the legendary glass of champagne."

In closing I would call attention to the brochure by Dr. Flade: "What we hope from our army in the battle against alcoholism," which unfortunately I have only obtained after this article was in press.

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5. *Intern. Monats. z. Erforschung. d. Alkoholismus*, 1907. Vol. X. p. 353.
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\* \* \*

If I knew the place where the smiles are kept,  
No matter how large the key  
Or strong the bolt, I would try so hard,  
'Twould open, I know, for me.  
Then over the land the sea broadcast  
I'd scatter the smiles to play,  
That the children's faces might hold them fast  
For many and many a day.

If I knew a box that was large enough  
To hold all the frowns I meet,  
I should like to gather them, every one,  
From nursery, school and street;  
Then folding and holding, I'd pack them in,  
And turning the monster key,  
I'd hire a giant to drop the box  
In the depths of the deep, deep sea.  
—The International Good Templar.



## A Vital Issue In Labor's Program

By E. L. TRANSEAU,

Recording Secretary of the Scientific Temperance Federation.

A LITTLE hard-working woman with a haggard, careworn face; a group of starved, almost naked children, though it was a cold mid-winter day; a house without food or furniture—a miner's home. The miner was not there nor at his work, where the superintendent was anxiously looking for him, for he was foreman of the mine and the work had to close and the men remain idle until his return.

The traveler who describes this scene found the explanation of the miner's absence, and of the wretched condition in his home furnished a little further on when he passed a flaxon-haired Slav walking along the road, with whom, after inviting him to ride, he fell into a friendly talk. The Slav knows all the miners they meet, hailing them by name. Well acquainted? Oh yes! He sells them their whisky. In this one mining settlement he sells \$1,200 worth of whisky every pay day.

The money needed in the miner's home to keep wife and children from freezing and starving passes through the hands of this pretended friend on its way to the wholesale liquor establishment for which the Slav acts as agent. Every year not less than \$28,800 passes from the pay envelopes of the miners in that one settlement, away from the needy wives and children, through the hands of this fellow-countryman, into the coffers of the liquor dealer. And that is not all. This same former coal digger is also a political heeler. He organizes voting clubs and holds out to the men, who have no particular interest in voting, the inducement of whisky for their votes.

The political control which such an arrangement gives to the liquor dealers is clearly obvious. Equally obvious is the fact that such control is not used for the best interests of the workingman.

These two pictures illustrate one of the most difficult problems of the labor movement.

### Undoing the Work of the Labor Unions.

The brewer, distiller and saloonkeeper pretend that they are the workingman's friend. The labor leaders know that they

are his worst enemy, since they thwart the chief purposes of the labor movement.

Unionism aims at an increasingly high standard of work by its adherents. How can this be maintained if conditions like those in a certain mill town, exist? Here, when saloons were open, a steel mill with a capacity for rolling 175-200 tons of plate per night was accustomed to lose from 20-40 tons because of spoiled plate on nights following pay day. The report says, "But with the closing of the saloons, that's all history now."

Again, according to the teaching of the labor leaders, the aim of the trades union movement is to elevate the working class. "The labor movement is essentially a moral movement," says John B. Lennon. It is organized "to educate the people, to drive out ignorance, to elevate the toilers," says Thomas L. Lewis. "It believes that it should be made more easily possible for women to become home-makers," says Lennon, "but who can deny that the liquor traffic is driving women to work in factories, in workshops and at washtubs who ought not to be there?" Because their husbands are drinking, and are not taking home the money they might, the women are at work.

"The trades union movement is opposed to child labor, yet who can deny," says Lennon, "that the liquor traffic is driving into industrial life, boys and girls who should be in the school or on the playground."

"Nothing has done more to bring misery upon innocent women and children than the money spent in drink," says Mitchell.

### Effect On the Home.

The foregoing opinions are the result not of prejudice, but of years of experience. These leaders themselves have come from the ranks of the laborers they represent and they know the conditions they describe. If corroboration is needed, it has been recently furnished in the investigation made in England by George Blaiklock, results of which are



recorded in "The Influence of Alcohol in Social Conditions." The evidence he collected showed that while in England a large proportion of low-wage workers are living in poverty which is not due to drink, the conditions become much worse when a part of their slender means is wasted on alcohol.

Among many working in the higher paid trades, the standard of living is reported good when the workers are abstainers. There is often much comfort in their well-furnished homes of five or six rooms. The food is good and the life happy. But if workers receiving the same wages drink, the home is cheerless, poor and dirty.

It is generally quite possible to decide correctly what are the habits of the man and his wife from the state of the home. Some homes where two or three pounds go in regularly are poor because the husband and wife spend a sovereign a week on drinking and gambling. In some cases girls earning a pound a week have to give up the whole of their money because of the drinking habits of parents, and must earn money for their own clothes by doing work at home nights.

An American corroboration comes from the testimony of Mr. Arthur Lyman, formerly chairman of the License Commission of Waltham and later mayor. In an article on "The Liquor Law and Its Administration in Suburban Cities," he tells of the differences that can be traced in the general conditions of prosperity among the poorer classes in the years of no-license, as testified to by the police department, physicians and persons working with the poor, and the large employers of labor. "The testimony is practically unanimous that under no-license, even under mayors who did not properly enforce the law, there was far less suffering among the poor, far fewer cold and hungry children and cheerless homes."

People of large means, Mr. Lyman reminds us, do not appreciate how great a proportion of the total wages of a man are taken from the support of his family by a few drinks a day, even when not sufficient in number to cut down his capacity to make wages. "A dollar a day taken from an income of \$5,000 does not largely reduce the percentage available for the support of a family, but

twenty-five cents a day from a laborer's wages means all the difference between comparative comfort and want."

In a remonstrance against additional licenses, addressed to the judges of Westmoreland county, Pa., the president of the Pittsburgh Steel Product Company stated that he believed it was safe to say that the workmen spend at least 20 per cent of the wages paid them for liquor and their families are deprived of the benefit of this much of their earnings.

Mitchell is authority for this strong statement: "The average working man has no money to spend on drink without robbing his family," and Nitschi says: "Upon no other class in the community does its burdens rest so heavily as upon us, the laboring class."

### **The Liquor Traffic No Friend of Labor.**

It is not only in the homes that the efforts of the labor leaders are frustrated by the opposing influence of alcoholic liquors.

Great emphasis has been placed by liquor advocates upon the saloon as the "workingman's friend," and the laborer is pictured as having no place to go for recreation and companionship save to this so-called club-room. But what kind of friendship permits it to thrust this brutal sign in the faces of its best customers, "Drunks keep out?" And what recreation can be found in the fetid air and foul moral surroundings of the average barroom? What companionships can be valuable which have for their central interest a glass of beer?

While this inconsistency in the saloon's attitude is recognized, only recently has its actual antagonism to labor's interests been noted. In the words of Lennon, "The saloon is the enemy of the people for whom we work."

The chief opponents of the shorter working day in Australia are the saloon-keepers, for they have discovered that when a man leaves work not completely exhausted, but with some vitality left he has no desire to spend his time sitting in a public-house, but feels impelled to take some out-door recreation, or to engage in some intellectual study.

Again and again on the occasion of great industrial disputes it has been made plain that the open liquor shop has been against the interests of the workers.



Timothy Donovan, a prominent official among the mine workers, says: "The liquor business has done the United Mine Workers more harm than any other influence. The effects of that business are evident all about us, and are seen particularly among the workingmen."

### **Liquor Lessens Labor's Market.**

The labor movement stands for wages that will enable the workers to maintain a decent standard of living; but the liquor traffic tends to decrease wages, never to increase them. "The use of alcohol makes workmen less skilful, and drives men to lower scales of employment and reward."—(Lennon.)

Then, too, it seeks to increase the demand for labor by maintaining a standard of wages that will raise its purchasing power, and thus extend the markets of labor. The liquor industry limits the labor market in two ways: By lowering the purchasing power of labor, and by holding invested in the liquor industry capital that would give far more employment to labor if invested in the production of other articles of common consumption.

### **Not a Personal But a Social Question.**

A cardinal principle of the labor movement is that "A workingman is not an individual only, but one of a class who must fight shoulder to shoulder with his fellows." If it is considered best for his fellow shopmen to declare a strike, he must not exercise his personal liberty by taking a place they have vacated.

The liquor interests, on the contrary, are constantly emphasizing the personal side of drink. Personal liberty to eat and drink what one pleases is set forth in advertisements picturing the popular heroes of foreign people and their stand for liberty from foreign domination. The liquor interests represent restriction or prohibition of the liquor traffic as infringement of personal liberty.

But the alcohol question for the worker is not a question of the individual, but of the mass. "It is a social question. Alcohol makes the worker a traitor to himself and to his class," says a Socialist writer in *Vorwaerts*, a Socialist paper published in Berlin.

Alcohol weakens the recognition of his fellow's moral claims upon him; it

enhances egotism and selfishness. "The drinker is the despair of the trades union movement," says Snowden.

The man who drinks is a disadvantage to the union because if he injures his health by drinking he puts an unnecessary burden upon the benefit funds of the union. Most American unions have clauses barring the intemperate from receiving sick funds, but the word "intemperate" is very elastic. It is usually taken to mean persons who drink enough to become intoxicated. Recent studies of the relation of alcohol to health show that short of intoxication it tends to weaken resistance to disease, making the drinker more liable to attacks of sickness than the non-drinker and longer in recovering; that it weakens the quick and clear judgment, sense perception and carefulness needed in avoiding accidents. In English benefit societies where abstainers and non-abstainers are kept in separate sections, the cost of sickness in abstaining sections is much less.

"Not to drink," says Froelich, "means, however bad the conditions of anybody may be, more resistance and more strength to counteract the evil wrought by bad food, bad housing and overwork."

Thus the alcohol question is not merely an individual question, because one's welfare is to some extent dependent upon that of others, and because the class or community of which the individual is a part is affected by his good or ill condition. In the workshop the drinker's liability to accidents increases the risks to his fellow workmen. In the affairs of his union the drinker is a hindrance to the degree in which he allows his discontent with unfavorable conditions to be allayed by the relaxing effects of alcohol. When the diseased craving, which soon sets in after the occasional drinker becomes an habitual one, passes to the more extreme stages, the drinker is in a state to become a menace to the public as well as to his family.

### **The Program of the Labor Movement.**

With a program set for raising the self-respect and moral stamina of the people, the labor movement must of necessity combat an influence that leads to loss of self-respect, want of true principle and even to criminal tendencies.

Most noteworthy is the step proposed by Vandervelde, the Belgian Socialist



leader who is now in King Albert's cabinet. Had it not been for the sudden outbreak of a Continental war, the congress of the Social Democrats which was to have met at Vienna in September, would have discussed a declaration in favor of *total abstinence* from alcohol.

"We are not attacking the excessive drinker alone," says the writer in *Vorwaerts*. "We demand the most complete abstinence. That is a much greater object, and at the same time much easier to attain, for with the great majority of the mass of workers the desire for alcohol has not yet become a disease."

The Socialist Labor Party of Hungary adopted, at its National Congress, among other declarations in regard to temperance, the following, as among the most important duties of the labor union:

"To educate the apprentice and other young members in the union in morals and temperance. To agitate in the labor press against the use of alcoholic beverages."

Not only in Europe, but also in America, labor is assuming the aggressive in opposing the liquor interests. "Because the liquor traffic tends to enslave the people, to make them satisfied with improper conditions, and keep them ignorant, the leaders of the trades union movement are called on to fight the saloon."—(Lewis.)

The method for an abstinence campaign in the labor program is yet to be worked out.

Certainly nothing can be accomplished in haste or by haphazard methods. The program will involve education, so that the fallacious arguments and subtle flattery can no longer carry weight with the laborer, for he will realize their true motive. It will contain also some beneficial substitute for saloons, for the weeds can not be rooted up and the field left bare. Employers are already co-operating with their men to provide an environment which will make total abstinence easy. It will endorse such a plan as is now in operation in parts of Europe, where temperance societies are formed in the various trades and professions. The railway men's temperance society is one of the largest and has become international. In London there is a Taxicab Drivers' Temperance Society, which be-

fore the war broke out expected soon to number 3,000.

This last method is in line with a suggestion made by Ella Wheeler Wilcox. Commenting on a letter written her by a workingman who was trying to dissuade his associates from drinking, she advised him to start a society of Anti-Drinkers. Even if he began with only two or three, "the society might grow into something of interest and usefulness in a few years and lead to the moral, intellectual and financial advancement of its members." Emphasizing the usefulness of bettering conditions for those who will not better themselves she says: "Fortunately, there is a large class of workingmen, like my correspondent, fitted for the new conditions. Let all such unite, not only in a labor union, but in a non-drinking and non-gambling union."

Such organizations would be very helpful in enabling men to practice total abstinence without sacrificing social companionship or making themselves unpopular by not drinking with those who ask them. It is hard for a man to stand alone against a custom. With others uniting with him, he can help to break a bad custom besides making his own lot easier.

### The Inevitable Conclusion.

Social leaders in Europe have believed for some time that laborers are puppets in the hands of Capital, and this view is emphasized in the present war, wherein workmen of different nations, without any grievance, are thrown against each other and compelled to kill those they formerly called brothers in the industrial world. The repetition of such catastrophes can only be avoided by raising the intelligence of the masses to the point where they will be capable of securing measures for their own welfare. To such a program, the abandonment of alcoholic drinks is absolutely essential.

In America, corrupt political systems in the control of liquor interests have been thoughtlessly strengthened in their grip by the readiness of laboring classes to accept their leadership. Now our labor leaders realize that to liberate workmen from the rule of corrupt bosses who care nothing for their real welfare and advancement, it is necessary to educate them out of the drinking customs



that dull intelligence, and weaken ambition to better oneself, as a necessary step to permanently bettering their condition.

A definite program, organization and provision for the necessary educational material, is the most important and far-reaching task now confronting the labor world.

Its very magnitude has hitherto called

forth the pessimistic "It can't be done." But this is a day of big undertakings and mighty achievements. Neither vast expenditures by liquor interests for self-defense, nor the subtly insinuating cry of "personal liberty" can avert the force opposing the liquor traffic when the great "laboring class," coming to a realization of its own best interests, casts off its false friend.

\* \* \*

*Divinity, which darkness changed to light.  
Is still abroad transforming wrong to right.*

W. F. P.

\* \* \*

## Case Reports on Alcoholism

**W**HEN a physician is asked to write an article or prepare a lecture on a given disease he turns to his case-book for detailed information concerning the age at which the patients were attacked, their physical and mental states, the tendency or predisposition, to the disease, conditions of exposure, the course of the illness, the amount of resistance, and the effect of the treatment.

Case reports on alcoholism, similar in many essential points to those of the physician on other diseases, may be found in the reports from those social physicians whose practice is to apply the power of the gospel to change the course of perverted lives.

These reports are unbiased in that they are not attempts to make out a case for or against the use of alcoholic liquors. They aim to show only the power of the gospel as a means of cure. In the numerous typical cases reported in such books as "The Salvage of Men," "Down in Water Street," and "The Parish of the Pines," (see page 40) the accounts gained from the experiences of the men related after their conversion furnish valuable information as to how, and under what circumstances the habits are commonly contracted, the age at which the greatest injury occurs, the character of the persons attacked, the amount of resistance put forth to break from the habit and the greatest obstacles in the way of the attempted reformation.

All of these points are of importance to the social student who wishes to understand what the defects are in our social system that lead to the awful mis-

ery and suffering caused by alcoholism, and where to begin to apply the remedy.

A few illustrations taken from the books mentioned, throw light on these points:

### Twenty Years From the Life of a Bridge Builder.

One of the great bridge builders of this country once suffered a long attack of the drink disease. It came upon him unexpectedly after he had worked his way up from a bridge hand to a builder of wide reputation. In seven years he had amassed a net fortune of \$100,000.

"Then into the garden of his content there entered the serpent of temptation.

"Take a drink with me, old fellow," said the man (a church singer) as they walked home from service. "The water is bad here and you don't want to drink much of it."

Miles hesitated. It was hard to break through the abstaining habits of many years, yet from such a source the request looked innocent enough, and for courtesy's sake he entered a saloon for the first time. Although held neither by temperance pledge nor religious scruple, he felt the vigor of his strong manhood tremble as he lifted the glass, but when he had drained it, he set it down with a steady and reluctant hand. . . .

"The old Japanese proverb was never more bitterly verified than in Miles. All his life he prided himself on keeping his appetites under; but now from being master he became slave. First he took one glass a day, then one in each bar-room; then he could not get the bar-rooms close enough together, and grudge-



ed the steps he must stagger between them. Soon the strong mind began to muddle, the strong hand to shake, and the strong will which had so easily dominated others, to lose control. . . .

"Then commenced a ghastly retrograde. Dangers that he could have foreseen and avoided, created catastrophe and weakened confidence; accidents refused to be hushed up; hints even of death through his carelessness, leaked out. The employees who would have sworn by their master, now under their breath began to swear at him. The man who once would have made a tourniquet of his own shirt sleeve to staunch the blood of the wounded, now looked on unmoved at crushed limbs and torn bodies, sneering away pitiful cries for medical assistance. So does drink destroy and disfigure all that is best of a man's character, while its ruthless claws pick clean his career."

It was twenty years before Miles came out of the wreckage started by that one drink and gathered up the broken threads of his life. Then, with the help of the soul physicians of the Salvation Army he got free from his craving for alcohol, recovered his former professional standing, gained financial competence, and paid off an outlawed debt of \$20,000, indicating that moral character as well as physical and mental ability has recovered from the wreck.

### **The Defeat of a Champion Pugilist.**

For twenty-five years Banty Bill kept a place in the ring. During the whole of his British championship and the first part of his American experience, he remained a temperate man; not from any moral scruple, but because he knew that only so could he keep in condition. . . . He was getting older by this time, and he knew that age must give him the count sooner or later, and he thought "what matter if that date come a few days sooner for a glass of champagne."

But the drinking left its mark in flabby muscles, increasing weight and worst of all in a weakening of the deadly punch which had been the secret of his fame as a pugilist. . . . More and more champagne drowned his shame, as he hired himself to the proprietor of a Western dive, sparring at fifty dollars per night. This meant no sleep, and Bill's blood-shot eyes became haggard for want of

it. There are never lacking recommenders of the deadly opiate, and before long he was getting his sleep on opium through the day. The dose was increased and yet again, until the broken-down fighter was not worth even fifty dollars a night. Yet even as a drug fiend, his muscles were some asset, and when sufficiently in his senses to keep his feet, a saloonkeeper gave him five dollars to make a show for his patrons. It was a pitiful sight to see the drunk, more often drugged, pugilist thus standing at bay—his mighty strength, like Samson's, at the mercy of his enemies.

Next he was left lying in the mud in the streets where he would have died had not the Salvationists come and rescued him body and soul. He recovered his strength sufficiently to whip a bully who had insulted the officer who rescued him, and ever afterward devoted it to a legitimate trade.

### **The Help That Whisky Gave.**

Until her marriage Clara's only taste of liquor had been a sip from her father's wine-glass, and the young husband little knew the thirst he awakened when, coming home on wash day to find Clara's fair hair hanging in moist curls around her exhausted face, he suggested:

"A drop of whisky would help you through wash days, my girl."

The advice taken, that drop of whisky did much more than help Clara through wash day. It helped her through her savings, through every instinct of birth and every barrier of breeding; it helped her out of her home, and out, far out, on the dreary way of a drunkard's degradation and destitution. In a few months after that first drink, Clara had caught up with her husband on the downward road, passed him, and was soon dragging him after her into further depths.

### **The Logger's Big Barrier.**

"Billy" the Filer drew his wages and started happily for home. Swinging his legs from the rear of the "tote-wagon," and whistling a boyhood tune, he thought of the pleasure in store for him when he entered the old town. In imagination he saw the old home and greeted the old folks. Billy was rich, having spent none of his winter earnings.

The tote road ended in the village street, and a saloon runner, waiting for



such as Billy, invited him to warmth and shelter in a near-by saloon. Here Billy's splendid intentions disappeared in the flow of inflaming liquors.

"How long have you been in the woods this time, Billy?" asked the runner.

"The whole season; and the stuff's all here." Billy drunkenly patted his pocket where his precious wages were tucked away. "Give me another hot one. Make it strong."

The runner winked at the bartender; and while the drink-mixer added the knock-out drops, he engaged the lumberjack in conversation. In a few minutes Billy was unconscious. They dragged him into the rear room, removed his money and left him to sleep off the effect of the drug while they watched for other victims.

Billy was dead-broke. He went back to the camps to dream of the old town, the old home, the old folks—and to hope for better luck next time.

In a similar case the outcome differed slightly owing to the vigorous interference of a muscular "sky-pilot."

"You've had more than enough, Jack; time you turned in," said Mr. Higgins to a man who was drinking at the bar.

"What's it to you?" asked the angry bartender; "mind your own business."

"This is my business," replied the minister. "This fellow is too drunk to know what he is doing, so I will take care of him." The minister took the drunken man by the arm to lead him out.

"I'll see you in hell before I'll let you have him!" savagely yelled the drink-mixer, leaping over the bar to assault the missionary. But he reckoned without his host. The heavy arm of the preacher shot out and the bartender measured himself on the sawdust.

"Here's one of your own to care for!" called Higgins to the proprietor. "When your man wakes up, tell him not to interfere with the cloth and its duties. I have to take care of the boys—that's my business."

In another case the minister was able to rescue the lumberman's money as well as the man. An old man—Johnson—came directly from the camps to the minister's home.

"Mr. Higgins, I've come to Robber's

Roost to get cleaned out again," began the old man. "They've cleaned me out every year an' they'll do it again. I'm getting old, but I can't keep my money."

"How much have you?" asked the big missionary?

"Two hundred and seventy-five dollars," replied the old man; "but I won't have a cent in the mornin'—not a cent to show. They'll go through me for it all."

The old man sat by the fire, his head in his hand. Down the weather-beaten cheeks great tears made their way.

"You will have every cent of it," answered the minister. "I'll run the game this time, I'll fix it for the gamblers; but it will be straight for you. Hand over your cash—every cent of it. I'm your banker. You can't have the money until you're ready to place it into something permanent."

Johnson's face lit up as he handed his wages to the minister. "Glory be! We've done it, Higgins. I've made a safe land-in'! the first time in years."

While the old man rejoiced in his new safeguard a "runner" from one of the saloons knocked at the door and inquired for the lumberjack.

"For what do you want him?" asked the missionary.

"I have a little business to see him about," suavely replied the man.

"Johnson has transacted all his business, Mr. Man," said the minister. "I have every cent of his cash and your whole gang can't get it from me. Now, you blood-sucker, hike, or I'll kick you off the premises! I know the game. Git."

He departed, quickly and alone.

Old man Johnson looked at the minister through moist lashes. "Made a landin', Pilot, but too close for comfort."

On another occasion the minister succeeded in saving a remnant of a man's wages by a similar measure, but it would have failed if he had not wisely and promptly mailed the money to the man's family. A runner got the man drunk enough to demand his money back, but it was too late. The mail was carrying it to a more deserving destination.

One incident is recorded of an employer safeguarding a hand past the "robber-roosts." Colin Campbell's old mother had not seen him for nineteen years. Colin had tried all these years to return to her; but he felt that he could



not go unless he was well-clothed and properly prosperous, and the saloons had kept him reduced to a working suit. Each year he happily left the camps with wages intact.

"I'm goin' home to see her," he would tell his employers. "She'll be gettin' old now. She'll be glad to see me an' I'll stay with her all summer. Good-bye—till fall."

But Colin got no further than the city of Duluth. He stopped there each spring to wash up and have one little drink. He intended to take only one, just one; but somehow—he could not explain it—he was not able to stop drinking as long as he had money. When he sobered up he wrote the mother that it was impossible to make the trip this year, then turned wearily back to the old logging firm to work another twelve months and hope for better things.

This had gone on for years. At the end of the nineteenth season, Scott, the superintendent of the company for which Colin worked, took the affair in his own hands.

"You're going home this year, Colin. You're going to see your mother."

"If I can get through Duluth!" replied Colin.

"You're going this year all right, my boy," said the superintendent. "It's about time she saw you—and I'm sure she will. You get no cash this time. I've bought your ticket to Montreal and some clothes; and when you get home the year's wages will be waiting for you there. Now good-bye. Remember me to the mother."

Colin went home that spring, the first time in nineteen years, and spent a happy summer with his old mother.

### **Beer As a "Temperance" Drink.**

In the story of Jerry McCauley, written by S. H. Hadley, who succeeded him as superintendent of the Water St. Mission, is the account of Jerry's first fall, after he had been converted in prison and helped to convert many of his fellow convicts. On coming out "he took a room over a saloon; in fact there were few other places where one could get a room, and some one offered him a glass of beer. Beer was a new beverage to Jerry, as it was placed in the saloons after Jerry had been sent away. Some one said: "Why Jerry, a glass of beer

won't hurt you." Jerry took the fatal glass and fell.

"I would like to record here," says Hadley, my opinion of lager beer. "I think that if ever there was a holiday in hell, it was when lager beer was invented. Thousands of good, honest housewives and mothers bringing up families, doing their own work, weak and toil-worn, can be induced to take a glass of beer, and thereby become habitual drunkards; and yet under no conditions whatever would they take a glass of whisky to begin with."

Not only the housewife herself, who may be honest and hard-working, striving hard to bring up her family right, but the children she sends for beer, are drawn in. They begin to taste out of curiosity, often, and the tasting develops the liking and the craving. With girls it is often the beginning of the downward step which ends, perhaps, in the river.

### **The Missionary's Fall and Rise.**

Like thousands of mothers whose one great and instinctive fear for the future of their sons is the temptation to drink, Hadley's mother asked him to promise never to touch a drop. He gave her the promise and kept it until his 18th year; then a friend of the family, a prominent business man, urged him until he finally yielded. The arguments used were: "Do take a drink and be sociable." Then, when this was refused, "If you don't drink with me I will think that you feel yourself above me."

The boy could not endure that accusation and yielded. That first glass produced an almost immediate change in his character. He soon began to drink wildly, and what was worse, induced his brother to drink. He was obliged to give up the study of medicine upon which he had entered, and became a professional gambler. For fifteen years afterward he rarely went to bed sober. Then when he was ready to try the bottom of the river, a sudden terror aroused by what seemed to him a vision of eternity seized him and brought him eventually to Jerry's mission where he was saved, to become a worthy successor in the saving of thousands of others.

His brother also became a drunkard and, in spite of a fine career in the Civil War, sank to the lowest depths before he



was rescued, for an equally distinguished service, by the same brother who first led him to drink.

### A Missionary's Conclusion.

"I do not believe," says Hadley, "that the appetite for strong drink is inherited from our parents any more than the appetite for potatoes or turnips, but I do believe a child may inherit from its parents a nervous, sensitive and weak disposition, a nature to which alcohol will act as a spur to a highstrung horse, and will cause him to fly to destruction.

"I have often noticed among the thousands of drunkards I have handled, that the fine, sympathetic fellows, the men with large imaginations, the kind, generous men or women, who would sooner go hungry than see another starve, make the worst drunkards.

"While the Christian people of New York City go to their comfortable beds in the long winter evenings, and spend the night in sweet refreshing sleep, thousands of men, yes, and women too, are walking, walking, walking all night long, all because of drink. In many cases these too have had good homes and loved ones, but drink has robbed them of all this. Thousands try hard to get the nickel that will get the drink and make them welcome in the back room of some Raines law hotel, or give them liberty to stand in the rear of some dive; but if they cannot get it they must walk, walk, walk. With no underclothing, with thin clothes and their feet on the ground, many in their perambulations pass by the very places they once owned, or where they had at one time carried on a successful business.

"The church should be kind to the drunkard because only by her consent can whisky be manufactured or sold. Everyone knows that the church has the power, or the balance of power, and if its members would stand together it could not be sold.

"What must the rum-seller think when the good people and lawmakers of this city and state say to him:

"This is a bad business, a very bad business; it corrupts society, debauches our youth, fills our prisons and insane asylums; it is a bad, bad business. Now, as it is such a wicked and corrupt trade, we cannot permit you to sell it for a license fee of \$200, but if you will pay us

\$800, you can sell it all day and all night and Sundays, too.

"So this man, with ill-disguised contempt for these good lawmakers, pays \$800 and takes his chances of getting it out of the poor victim who is willing to barter his soul or sell his children's clothing or his own coat for a drink."

\* \* \* \* \*

### Beer Civilization

THE brewers' advertisements have had much to say in the past of the association between beer drinking and high states of civilization, and have singled out Germany, in particular, as an exemplification. But the path the German army has blazed through Belgium suggests associations of a very different character. The torches that have fired defenseless Belgian homes throw a significant light upon these words of Dr. Forel published fourteen years ago (1900) in the *American Journal of Insanity*:

"One only needs to study in Germany the 'beer jokes,' beer conversation, and beer literature. They have stifled in young Germany the idealism, the taste for the classics and the finer mental pleasures throughout broad parts of the nation and in both sexes, to an extent that makes one cry for help. Among the academic youth of Germany, the drinking of beer has truly killed the ideals and the ethics and has produced an incredible vulgarity."

### ANNOUNCEMENT.

Increasing demands for reliable information on the alcohol question, and for a more comprehensive review of its literature have led to an enlargement of the **SCIENTIFIC TEMPERANCE JOURNAL**.

The added pages and two added months of publication, July and August, will increase the cost. Hence **THE SUBSCRIPTION PRICE IS RAISED TO \$1.00 A YEAR.**

This issue is sent to many friends, who, it is hoped, will become regular subscribers.

The delay in the October number has been caused by unusual pressure of work in the printing office. The editors hope that hereafter a more punctual publication each month will be possible.



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## How Exterminate the Evil

A CORRESPONDENT, writing for material and suggestions to aid in the preparation of a paper on alcoholism, asks, "What is the best way of exterminating the alcohol evil?"

To answer this question is to offer off-hand the solution to a problem over which the whole world is puzzling, and hence it would seem presumptuous. But it is really no more so than man's attempt to dispel darkness. The first little rush light and oil lamp were quite presumptuous against the night's blackness, but they led the way to the acetelene lamp and luminous mantel, the arc light, and the search light, that turn night into day.

The first little attempt to cure alcoholism by urging a moderate use of that which caused it, served only to show the extent of the disease. Likewise the attempt to check it by fewer or higher-priced licenses has only created monopolies for the benefit of the keener and more unscrupulous retailers. In spite of these, alcoholism has continued, showing that its fundamental causes are not reached by these means.

Men drink because others drink; because custom has associated drink with common, every-day occurrences; because the momentary animation felt after a drink appears, to the weakened judgment, to make the mind keener; because the dulling effects of alcohol deceive the drinker into thinking that it cures his ills and discomforts; because he thinks he can take it or leave it alone, while the diseased craving it causes is fastening itself upon him; because of the false idea that as long as the

drinker can walk and talk straight he is not harmed; because of the widespread idea that there is no harm in taking a little.

These are the causes, and as long as they exist the consequent alcohol evil will continue. The darkness of the ignorance about alcohol, like the darkness of night, can be dispelled by letting in the light. The places to be lighted are determined by the particular form of ignorance to be dispelled. The lamplighters are all those who have learned the facts called for and can present them, in verbal, written or printed form, where needed.

A continuous, increasing procession of lamplighters will exterminate the alcohol evil by dispelling the ignorance which fosters it.

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## Picked Up By a Country Roadside

"SAY, MRS. SMITH, did you hear about the awful automobile accident at W. yesterday? Mr. T., who runs this garage downtown, was in a machine with four other men. It turned turtle and he was hurt so bad they had to take him to the hospital. He hasn't come to, least he hadn't when I was down street just now, and they are afraid he will die. Too bad, isn't it? And they say the men didn't know what they were about because they had been drinking liquor."

Thus an excited youngster of French Canadian descent related the choice bit of local news of the day.

"Liquor gets people into a good many mishaps," commented his listener.

"Well, anyhow, there won't be so much drinking when we boys are grown up," was the unlooked-for reply. "We've learned better."

\*

A match between the baseball teams of a certain two New England towns is the sporting event of the season for two or three thousand young people. Three games were fought through this summer. The teams were so evenly matched in ability that the score was close, but in each game, after an exciting contest, the A team won.

"What's the reason our team has been whipped three times in succession?" asked a fan interested in the defeated B team.

"I don't know for sure," replied an observant young fellow. "The men seem to be of equal ability. The only possible reason I can suggest is that some of our men drink, and the A men don't."



## Notes from the War Zone

### The Alcohol Question Enters the World's Armies.

One of the temperance societies of Germany—the abstaining philologists—is appealing for funds to pay for sending a copy of the Kaiser's Murwick speech to every German soldier and sailor. In the appeal it is stated that to the Kaiser belongs the credit of having recognized the bearing of the alcohol question to efficiency when it was yet a sealed book to thousands of the educated classes. Its recognition in German military circles is denoted by the fact that from the time mobilization began the retailing of alcoholic liquors in all railroad stations to soldiers or civilians has been strictly forbidden, even in the classic beer-land of Bavaria.

The society in question is thankful that the Germans were awakened to the incompatibility of alcohol and efficiency before their neighbors to the right and left. Besides the fact that the military circles in Russia are now awake to the question, the philologists appear to see a special significance in the order of the Czar issued last June.

### A Thanksgiving Letter.

At the beginning of the war the authorities in Silesia issued an order prohibiting the sale of spirits, and the editor of the *Upper Silesian Traveler* has since been receiving touching letters from the working women thanking heaven and the authorities for this order. One of these letters the editor has published. It is addressed to the head of the government and reads: "We do not know how to thank you and the other gentlemen who have made it impossible for the men to get liquor. *If it could only be so always!* To those who have brought about this closing of the saloons great good will come, for we are praying to God every day in churches for those who have given us this peace in our homes. If only the bazaar would now stop giving out beer!"

### The Leaven Working.

An incident that occurred on one of the German troop trains as reported in *Der Alkoholgegner*, August 15, 1914, shows

that the Kaiser's temperance teaching is beginning to permeate his army. As a crowded train was just about to leave a station a drunken peasant was bundled aboard into a carload of other recruits and at once began making a great noise. A fellow recruit walked up to him and, boxing him soundly on the ear, demanded: "What do you mean, you wretch, soaking yourself like this in these awful times when the Kaiser depends on having our heads clear for meeting the enemy? What would become of us if everyone did as you have done? We have got to have sober men to stand at their posts!"

When the drunken man had stared at his castigator a moment he seemed suddenly to become completely sober, and extending his hand he said: "You are right, comrade."

### The Good Templars.

International Good Templary, organized as it is in all nations and holding its International Supreme Lodge Session in Norway just as the war broke out, had the painful experience of seeing its members torn from their brotherly conferences and suddenly ordered home to fight each other.

The international session was honored by the opening of the University to one of its receptions and the attendance of the King. The president of the Storthing presided, and many leading people of the city were present. Emphasis was placed upon the importance of making educational work a special feature for the juvenile department, not with occasional lessons on various topics, but by pursuing a systematic plan covering the whole field of temperance knowledge.

### Lord Kitchener to the British Soldier.

—You have to perform a task which will need your courage your energy and your patience. . . .

In this new experience you may find temptation both in wine and women. You must entirely resist both temptations. . . .

—*The Independent*.

The German Soldiers are presented with gifts of everything except alcoholic drink, for an order has gone forth from



the Kaiser that, under no pretext, except for medical purposes is anyone to offer a soldier an intoxicant. The penalties for breaking this order are severe.—J. Jequier, *The Boston Herald*, Aug. 18, 1914.

### Russians, Too.

The war in Europe is being conducted on strictly teetotal lines as far as the British and the Russians are concerned. Lord Kitchener, as secretary of state for war, has strictly forbidden the drinking of alcohol by the British officers and soldiers now in the field against the Germans, and a similar edict has been issued by the Russian generalissimo, Grand Duke Nicholas Nicholaiovitch, who has been backed up in the matter by the Czar.

Emperor Nicholas has gone to the length of issuing a ukase closing all the saloons and public drinking places throughout his entire dominions for the duration of the war. As at least a third of the entire revenue of Russia has until now been derived from the sale of alcoholic drinks, it can readily be understood what an immense importance both the Czar and the Grand Duke must attach to the total abstinence of the officers and soldiers now in the field.—Marquise de Fontenoy in *Chicago Tribune*, Sept. 6, 1914.

### A Check On the English Publican.

The financial stress occasioned by the war, the rise in the price of paper, and the closing of many channels of information have decided the United Kingdom Alliance to reduce the size of the *Alliance News and Temperance Reformer* and issue it monthly instead of weekly.

The last weekly issue, September 3, records the passage of a bill occasioned by the war, for temporary restriction of the sale, consumption and supply of intoxicating liquor. The measure was introduced and promoted by the government at the request of the naval and military authorities to check to some extent the reckless manner in which the publicans have been serving the soldiers and recruits.

The teeth of the bill were largely drawn by an amendment which left the initiative in putting the order into effect with the chief of police. Then, too, the closing hour for the public house may not be fixed earlier than 9 o'clock unless the order has the approval of the secretary of state, who is reported to be entirely friendly to "the trade." Large bodies of working men are reported to be among those who petitioned for the restriction. They were moved by the desire to lessen the temptations of poor people to waste money on drink at a time when work may be scarce and food and other necessities of life dearer. The need of the restriction is apparent from reports of painful scenes of intoxication witnessed in men who were parting from their loved ones perhaps for the last time.

Lord Kitchener, in addition to his noted appeal to the soldiers against drinking, which every trooper carries with him to the war, has strongly disapproved of the public house practice of advertising and displaying war news inside, as a means of luring men in to drink. He is as emphatic now as he was in Africa about cutting down war luggage to the essentials and regarding liquor as non-essential.

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## What Is In the Magazines

**W**HEN the people decide that the truth is being told about the alcoholic liquor trade, the money value will not count, for conscience aroused puts the value of a man above all other things.—Editorial in the *National Liquor Dealers' Journal*, Sept. 10, 1913.

### What Seven Men Said.

A group of men casually came together at a dinner party the other evening,

and one happened to look over the table, which the women had just left, and commented on the little alcohol that had been consumed. And here is what these men said:

The first was a business man of large interests: "I wouldn't think of voting for state Prohibition, but let National Prohibition come up and it will have my vote in a minute. Drinking has become an economic issue, and I am willing to



give up my whisky and soda for the good of the many."

The second was a large employer of men, some eighteen thousand: "I am ready for National Prohibition; up to this time it has seemed a far-away ideal to me; now I see it as a pure efficiency measure."

The third was a clear-seeing Irishman: "Alcohol has been the curse of my people. I have stopped taking it, after forty years of occasional drinking, and my vote is ready for National Prohibition."

"Go ahead," said the fourth man, a railroad official of high standing: "I am ready for it personally, and so are all the officials of our road."

A physician was the fifth: "Medicine can do without it; science is against it; the old idea of alcohol as a food is exploded. I am all ready with my vote for National Prohibition."

It was a club man who spoke next: "When I see drinking among the caddies at our club, and our caddy-master silly with it, I am ready to give up my cocktail and vote against the whole business."

And, last of all, was a wholesale dealer in liquor who started the talk and who finished with this significant statement: "You're right; we are seeing the handwriting on the wall. I said at a meeting of our wholesale liquor dealers the other evening that we didn't have five years of life ahead of us. Strange as it may seem to you I would vote for National Prohibition. It's for the best all around."

Not a dissenting voice!—*Ladies' Home Journal*, Sept., 1914.

### Drink and Vice.

The legislative committees investigating vice have not yet had the courage to attack this, the evil which leads to the ruin of more girls than does anything else. But it will not be long before commissions will begin to inquire how many victims made their first misstep through drink. When such investigations are scientifically made, the records will show more lives ruined and souls blasted because of a moral sense benumbed through drink than from any other one thing.

And this is the knowledge that will sound the final doom of the liquor traffic. For, if to the other evils for which it must answer—wrecked homes, widows,

fatherless children and crowded asylums and jails—there is added the responsibility for the degradation and enslavement to vice of uncounted women, there is no power on earth that will be able to save it from annihilation.—*Philadelphia North American*.

### A War Against Intemperance.

It would appear that the war against universal peace may actually be a war against intemperance. The armies and navies of today represent the most efficient fighting forces that the nations can command. No device, no agency that will contribute to their power and preparedness, is willingly neglected. Health is a prime consideration in this respect. Field Marshal Earl Kitchener is reported to have counseled the English soldiers to abstain from drinking while abroad, reminding them that their duty cannot be done unless health is preserved. The men were cautioned to keep constantly on guard against excesses. The German Emperor is said to have forbidden the "treating" of the soldiers in his armies. The sale of absinthe, imported by French soldiers in an earlier war, when alcohol was used to fight fever, has been restricted in Paris.

It is of slight consequence whether or not these rumors are entirely correct. They represent the current tendencies, which are undeniable by anyone who has watched the recent decisions of American naval authorities in the face of not a little apparently adverse criticism couched in the usual phrases concerning personal liberty. The truth is, that "the relation of alcohol and fighting has been squarely met, and the fact admitted that they are not compatible." A recent editorial writer has expressed this by saying that a temperate army was something not conceived of in the old theories of war; but a drunkard is today as much out of place in an army as he would be on a battleship. As every great conflict, whether of church or state, of labor or commerce, has brought out some permanent good, however clouded it may temporarily have been by the liquor issues at stake, so the horrible strife which the world is now experiencing many actually by developing a war against intemperance—a permanent advantage of no mean proportions.—*Journal of the American Medical Assn.*, Sept. 12, 1914.



## The Library Table

**THROUGH EUROPE ON THE EVE OF WAR.** By Frederick Lynch, D.D., New York. The Church Peace Union.

To awake in one's berth and be told that the track is torn up by an invading army; to be a part of an assembly to promote world peace, while in the street below, military bands and gaily decorated soldiers are inciting the population to enlist in the war; to be forced to leave the conference hurriedly and pass for a day and a night through territory hustling with military preparation, was the experience of Dr. Frederick Lynch, secretary of the Church Peace Union, at the first World's Peace Conference. In "Through Europe On the Eve of War," published since his return, he has given a very clear account of the conditions abroad. He sees the policy of national armament to be absolutely valueless for ensuring world peace, and condemns the whole struggle as being devoid of any rational cause. Not the least of its ills are the orgies of drunkenness and the free reign to all that is brutal in man, which war promotes.

\*

**THE SALVAGE OF MEN.** By Agnes L. Palmer. New York; Fleming H. Revell Company, Price, \$1.00.

Fourteen cases are here recorded of lives practically wrecked, with nothing but despair and death ahead of them, when the Salvation Army found and rescued them. All are cases that have since stood for years, showing that the work of regeneration was genuine. The types selected for the record are of the widest variety, but among both the high and the low, originally, are those whose downfall was directly due to drink, and others whose environment was made degrading by drink. The purpose of the book being to show the power of religion in lifting the degraded, the question of drink is touched upon only indirectly, but experience with it has led to conclusions which occasionally stand out in the narrative like the following:

"So does drink destroy and disfigure all that is best of a man's character, while its ruthless claws pick clean his career."

Books of this kind are especially valuable for those whose environment is so far removed from such misery that they do not sufficiently realize the seriousness of it, the pity of it, and the importance of changing the conditions that lead to it.

\*

**THE SALOON UNDER THE SEARCH-LIGHT.** By George R. Stuart. New York; Fleming H. Revell Company. Price, paper 20 cents; cloth, 35 cents.

The scientific facts which condemn the saloon are presented in a way which makes them very readable without violation of truth. Particularly striking is the line-up of characters for

and against liquor interests and the chapters showing the relation of the saloonkeeper to our American institutions and to certain phases of outlaw life. The book is by no means exhaustive, but contains suggestions for the treatment of some of the popular arguments advanced by saloon men.

\*

**THE PARISH OF THE PINES.** By Thomas D. Whittles. New York; Fleming H. Revell Company. Price, \$1.00.

The lumber business of the United States is estimated by the author as employing about 400,000 men. Those who work in the logging camps all winter and in the spring come out of the woods with their season's wages in their pockets are regarded by the liquor trade as legitimate prey. How the men are lured by saloon "runners" to go in and take a drink and there made drunk or drugged if necessary, is vividly pictured in this story of a muscular missionary, Frank Higgins, who makes it his business to take care of the loggers. He accomplishes his work in a way that wins the devotion of the men, the aid of the lumber companies, and the enmity of the liquor dealers.

The opportunity of the liquor interests at the edge of the forest is similar to that of seaport places where the sailor returning from long deprivation of all-round social intercourse is met by harpies who hold out a false welcome until they have secured his cash. Without the aid of alcohol and drugs this operation could not be so quickly and easily performed. "The Parish of the Pines" will help civilization to class these tools of the highwayman with swords and pistols, in its legislation for the protection of life and property.

\*

**DOWN IN WATER STREET.** By Samuel H. Hadley. New York; Fleming H. Revell Company. Price, \$1.00.

The power of the Gospel to effect an escape from the grip of the drink habit in the last stages has unquestionable witnesses among the missionaries of the slums. This, offered by the Jerry McCauley mission, is the secret of its wonderful success in transforming the lowest of humanity's scum into useful citizens of the Republic.

"Down in Water Street" is a collection of life stories of those who have been thus rescued and these are of great interest to the temperance worker, because of the fact that in so many instances, drink is the great contributing factor to their downfall. Here we realize the actual suffering needlessly inflicted, the lives sacrificed or wasted and the bitterness of the struggle to regain lost manhood. In reading such life histories the question of responsibility must arise in all normally constituted minds that have been trained in moral perception.



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# Scientific Temperance Journal

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BOSTON, NOVEMBER, 1914

No. 3

“**T**he longer on this earth we live  
And weigh the various qualities of men,  
The more we feel the high, stern-featured beauty  
Of plain devotedness to duty:  
Steadfast and still, nor paid with mortal praise,  
But finding amplest recompense  
For life's ungarlanded expense  
In work done squarely and unwasted days.”  
----- Lowell.

## Alcohol and Crime

By EDWARD RANDOLPH BARTLETT, A.B., Fort Madison,, Iowa.

**I**N THE investigations conducted by the Committee of Fifty several years ago, it was found that there was a wide divergence of opinion as to the causal relation of intemperance and crime, though ten institutions out of the eighteen gave it first place as a direct cause. The evil effect of alcohol in this connection is generally accepted, but it can only be proven by painstaking investigations covering long periods of time, and diverse localities and conditions. Criminology is itself a wide field, and many elements other than alcohol enter into the making of a criminal. Baer, one of the earliest German students of the alcohol question, believes, however, that all the factors which according to experience lead to crime, as for instance, loss of work, poverty, ignorance and lack of moral standards, are all brought about or nourished by chronic alcoholism. Seventy per cent. of all the crimes and misdemeanors have a more or less casual connection with spirits.

### What Prison Records Show

Prison investigations have yielded valuable data on this subject. Here the record has been made and subjected to the strictest scrutiny during the trial, so that liability to error is reduced to the minimum. In 120 military prisons in Germany in 1900, 46 per cent. of the murderers committed their crime while intoxicated. Sixty-three per cent. of the cases of assassination, 74 per cent. of those of serious assaults, and

77 per cent. of the crimes of immorality were due to this same cause. In the navy, of 1,671 offenses punished during the preceding six years, 75 per cent. of the most serious cases were caused by intoxicating drinks.

Weislgren, in his report to the International Prison Congress at Brussels in 1900, covering a research over the period 1887-97, showed that out of 24,398 male prisoners, 14,200, or 51.1 per cent., were drunk at the time the crime was committed, and the total of all under the influence of liquor was 17,374, or 71.2 per cent. Another report covering a similar period included 18,435 men, of whom 59.1 per cent. were drunk when they committed the crimes, and 74.4 per cent. were addicted to the use of alcohol.<sup>(1)</sup> Mane found that 73 per cent. of the criminals observed by him were users of alcohol, while only 10 per cent. were normal, and Baer's investigation of the Prussian penitentiaries showed 30,041 men, of whom 49.9 per cent. were drinkers.

In Spain a writer in *Success* says: "It can be shown that 80 per cent. of those on the criminal register are alcoholics." Azcarete finds that where figures for the five year period indicate an increase of 80 per cent. in the consumption of alcohol, an increase of 58 per cent. in criminality is registered.

"In England 49 per cent. of those convicted in the assizes and 55 per cent. of those convicted by the magistrate had been

drawn into crime by frequenting the public houses.<sup>(2)</sup> The criminal statistics for Canada for the year 1908 show the lowest percentage in prison in the one province where Prohibition of liquor sales is in force. In our own country we find that in one penitentiary having 1,448 inmates, 70 per cent. attribute their condition to intemperance. The Committee of Fifty before referred to, found intemperance the cause in 49.25 per cent. of 13,402 cases, while it was the principal cause in 31.18 per cent. of them. The Massachusetts Labor Bureau statistics show 50.8 per cent. of all crimes other than drunkenness to be due to "the intemperate habits of the criminal that led to a condition which induced crime."<sup>(3)</sup> This same report attributes 87 per cent. of all offenses against the law directly or indirectly to the use of liquor.

The same relation between alcohol and crime may be seen if we compare the prison population under differing conditions of alcoholic consumption. In Ireland, Father Mathews succeeded by the power of his personality and his enthusiastic speeches in making total abstainers of 1,800,000 persons in the course of a few years. The result was that in 1841 the number of serious crimes had decreased to 773, whereas in 1830 there were 12,096, or sixteen times as many. M. Ch. Duprey has pointed out that in the Cruese where there is little drinking, there is one condemned person to 1,514 inhabitants, while in the Seine-Inferior, where the consumption of alcohol is large, there is one criminal to every 138 inhabitants.

### Comparison by Days

The method of comparison by days gives valuable data, since there is no need to make any allowance for the personal equation. Otto Lang made a careful observation of the district court records of Zurich in 1891 and found 100 cases of assaults committed on Saturday, Sunday or Monday, as opposed to forty-one on the other days of the week.<sup>(5)</sup> The reason is found in the fact that generally the workmen receive their pay on Saturday; Sunday is a day of freedom, and usually the environment of the public house offers lively entertainment; while shop records show the most absences on Monday, due to excesses of the previous days.

Koblinski made an extensive investigation of this relation, in the prison of Dusseldorf, and found that out of 380 prison-

ers, 16.3 per cent. committed the crime on Saturday, 43.4 per cent. on Sunday, and 17.9 per cent. on Monday, or 77.6 per cent. of all crimes occurred on these three days. Ordinarily we would expect about 43 per cent. as the proportion for these three days, so the 33 per cent. excess of this normal must be attributed in a large measure to the increased use of alcohol at this time. The following is a more detailed statement of another investigation made by the same man:

Day	Under Influence of Alcohol			Without Influence of Alcohol		
	cases	% of crimes of alco- holics	% of all crimes	cases	% of crimes of alco- holics	% of all crimes
Saturday ...	33	13.1	8.7	29	22.7	7.6
Sunday .....	132	52.6	34.7	33	25.8	8.7
Monday ....	51	20.3	13.4	17	13.3	4.5
Other 4 days	36	14.	9.5	59	38.2	15.5
Total ...	252		66.3	128		33.7

Here we find alcohol a factor in two-thirds of the crimes, and of these over one-half occurred on Sunday; and 86 per cent. of the alcohol crimes, or 56.8 per cent of all the crimes, on Saturday, Sunday and Monday. Of those committed without the influence of alcohol, only 20.8 per cent. of all the crimes were committed on these three days, a significant fact.<sup>(7)</sup>

The findings of four independent investigators are interesting, and they bear out the point already made. The table shows

Days	Investigators			Loffler	Total
	Koblinski	Ascaffenburg	Kunz		
Saturday .....	25	103	94	178	400
Sunday .....	121	254	502	409	1286
Monday .....	32	125	182	221	560
Other 4 days.	27	241	306	534	1108

the number of crimes and the days on which they were committed, all the offenses being against the person, in most cases assaults. Out of a total of 3,354 cases, 2,246, or 66.9 per cent., were committed on Saturday, Sunday and Monday; 1,286, or 35.3 per cent., on Sunday alone, and 1,108, or 33 per cent., on the other four days combined. Such figures as these various tables present, make the connection of alcohol and crime very evident. It has even a greater part in returning criminals to prison for a second time. Geill's report is a fair example of the many investigations. Out of 240 cases of assault, alcohol was a factor in the arrest for the first time of 87.03 per cent., for the second time of 88.6 per cent.; in 199 cases of crimes of lust, 47.6 per cent. the first time and 85.7 per cent. the second; in 1,153 cases of thievery, 37.7 per cent. the first time and 49.5 per cent. the second.



### Bearing On Specific Crimes

The question now arises as to what crimes show the nearest relation to alcohol, and by what types of drinkers are most crimes committed. Marambat shows in his prison statistics that in 2,950 cases 88.2 per cent. of the crimes against the person were committed by alcoholics, 70.9 per cent. of the crimes against property and 50.3 per cent. of the sexual crimes, and homicides. Somewhat more recently he reported 5,322 cases in which 82.4 per cent. of the crimes against the person were attributed to drinkers, 79.4 per cent. of these against property, and 51.5 per cent. of the crimes of lust.<sup>(8)</sup>

According to Gallavardin's studying, it can be shown that addiction to alcohol is present in criminals committing 88 per cent. of the crimes of violence, 77 per cent. of larceny and 63 per cent. of the offenses against morality. In Denmark one investigation showed alcohol a factor in 87 per cent. of assault, 45 per cent. of larceny and 65 per cent. of sexual crimes. The director general of the penitentiaries of Sweden in 1900 reported 74 per cent. of the crimes of violence as due to alcohol, and Professor Thiery, of Belgium, placed the percentage in that country in 1896 at 73. Matthaei found in Danzig that 62.8 per cent of the 207 brutal assaults in 1898 were committed on Saturday, Sunday and Monday, which we have seen to be the days of greatest consumption of alcohol. In Korneuburg, statistics showed that on these days 82.7 per cent of the crimes of lust, 63.8 per cent of the severe assaults, and 52.2 per cent of the crimes against property occurred.

The following is a comprehensive table compiled by Baer, showing the relation between alcohol and specific crimes.

Crime	No. criminals	Alcoholic criminals	
		In general No. and %	% oc- casional drink- ers
Assaults, etc. ....	1,887	1,160 (61.5)	65.9
Crimes of lust...	954	575 (60.2)	61.2
Robbery, etc. ...	10,033	5,212 (51.9)	48.2
Arson .....	804	383 (47.6)	48
(In another research.)			
Assaults, etc. ....	1,130	716 (63.4)	81.1
Crimes of lust ...	200	154 (77.0)	73.3
Robbery, etc. ...	3,282	1,048 (32.0)	63.5
Fraud, forgery ...	786	194 (27.7)	57.2

From the foregoing it can be readily seen that alcohol is a potent factor in all crimes of violence, while it is a contributing element in practically every kind of crime. It is noticeably lacking in such

crimes against property as forgery, since here the clear mind and steady hand is invaluable.

### Moderation and Crime

The showing as to the type of drinker who becomes a criminal may be somewhat surprising, since it is commonly thought that the occasional drinker is little the worse for his habit. The facts, however, show that he is the most frequent contributor to the criminal records, probably because there are so many more of these compared with chronic alcoholics, and also because many of these latter are in other than penal institutions. Hoppe found that out of 1,130 prisoners who were imprisoned for assaults, 66.4 per cent. were drinkers, 53.1 per cent. being occasional drinkers and 13.3 per cent. habitual, while 14.3 per cent. of the whole were under the influence of alcohol at the time the crime was committed. Of 202 murderers who were condemned to die in Germany in the years 1872-1895, 59.9 per cent. were habitual users of alcohol and 43.1 per cent. were intoxicated when they committed the crimes.

The explanation of the fact that alcohol is so universally a concomitant of crime, even when used only occasionally, is to be found in its physiological effects. The experiments by Kraepelin showed that an amount of alcohol too small to produce any semblance of intoxication, nevertheless brought about a distinct slackening of the will power. Simple mental operations which involve the power of association, such as the addition of figures, are retarded. The sequence of ideas also is disturbed, and the conceptual relation of words to one another is loosened. This accounts for the meaningless repetitions of those who have taken large quantities of alcohol, and the consequent brawls which so often ensue.

### Alcohol and Reaction.

Another phase of the effect upon the organism is noted by Aschaffenburg. In experimental psychology it is found that the reaction which results from an irritation is separated from the stimulus by a brief period of time, measurable by delicate instruments to within 1-1000th of a second. It is, of course, very short when the work the mind has to do is very simple, such as, for instance, in experiments where the reaction consists of a formerly agreed upon

easy movement of the finger in response to a sound. Under the influence of even very small doses of alcohol, this period is shortened still more, but the acceleration is not to be regarded as improvement in the performance, since it takes place at the expense of reliability. The psychic process induced by the irritation is either superficial or else omitted altogether; the reaction represents nothing but an involuntary movement as a response to an irritation or an anticipated irritation. In the latter case it is called 'premature reaction.' If the mind had to choose between two or more movements, this would become the 'false reaction.' The occurrence of these after indulgence in alcohol is characteristic. The psychic process of deliberation is slighted, as has been noted. This facilitation of motor reaction gives a sensation of increased strength, and the victim becomes overbearing. The result is that when the irritant is supplied in the form of a word, a gesture, or even an accidental blow, the reaction immediately takes the form of a blow with whatever weapon is at hand. If the normal course of reaction were not affected by the alcohol consumed, the most practical form of defense would be considered, or the imaginary character of the insult recognized. But this is hindered and the motor reaction oc-

curs before the mental, usually with serious results. Normal reaction is altered, and the action of the will disturbed by as little as a gill of wine or a single glass of beer.

### Summary

Thus it has been shown by the criminal records, that alcohol is an indisputable factor in the commission of crime, and that its influence is found most often in crimes of brutality, wherein men's lowest passions are given full rein. These facts are not surprising when the physiological effects are seen; indeed it is a great wonder that more do not succumb to these effects, and that there are still those who champion the use of liquor in the face of such facts. Finally, while it is generally understood that the immoderate use of alcohol is responsible for many evils, this fact should be given wider recognition, that even moderation contains dangerous possibilities, and that no drinker can tell at what time it will turn him against society.

### References

- (1) Hoppe—Alkohol und Kriminalität. p. 56.
- (2) Lombroso—Crime, its Causes and Remedies. p. 93.
- (3) 26th An. Report Mass. Bureau Labor. p. 132.
- (4) Baer—Der Alkoholismus. p. 395.
- (5) Lang—Alkoholgenuss und Verbrechen.
- (6) Aschaffenburg—Crime and its Repression.
- (7) Hoppe—p. 29.
- (8) Inter. Prison Congress LV. p. 112.

\* \* \*

## The War and Alcohol

By RICHARD FROHLICH.

**T**HE FACT that from the first day of mobilization the sale of all kinds of alcoholic drinks was forbidden in all the railroad stations of the whole German empire, and also with the fact that the officers forbade the sending of any kind of alcoholic drinks to troops, both show better than a hundred lectures and congresses possibly could the present status of the alcohol question.

Unquestionably there are experiments and statistics which do not tally with the opinions of the alcohol friends. The results of these have shown that alcohol is unusable as a food; it never gives physical or mental strength; it only deceives when it seems to increase efficiency; it does not give health and vigor, but tends to sickness and disability. All the activities of the body without exception suffer under its influence, even in amounts that are held to be thoroughly moderate.

As it impairs the mere muscular ability to march, so it also disorders the more delicate operations of the nervous system and the sense organs. The Swedish Lieutenant Bengt Boy performed experiments to test the marksmanship of soldiers with and without alcohol. In tests of precision, quick firing and endurance the result was always the same. On the days when, half an hour before the test, one quarter of a liter of beer was taken, as many as four times the errors in marksmanship were made as on the non-alcohol days. In the endurance experiments, of which there were four hundred, the number of points made without beer was three hundred and fifty-nine, with beer two hundred and seventy-seven. "Suppose," says the report, "Alcohol in Military Training," "that out of four shots a soldier could disable one man, then with two hundred and nine shots he could hit ninety-five men, if he used no-



beer; but if he took beer he could only hit seventy-five. That would make a difference of twenty men."

### Seriousness of After-Effects

If there are such marked defects from small, or at least moderate, quantities of alcohol, such as three-fourths of a quart of beer (30 grams of absolute alcohol), what must be the effect of larger doses and what would be the significance for the man in the field of the fact established by Prof. Kraepelin, that an intoxication causes actual diminution of efficiency even eight days afterward? One does not sleep off a fit of drunkenness by the next morning. Perception and efficiency in the widest sense of the word do not reach again their full extent inside of a week, and the military efficiency of a soldier would be very considerably diminished for a long time, though by common observation nothing would seem to be wrong with him.

The correctness of all this, which has been reported again and again to the whole world by the anti-alcoholists, is now put to the test in the German mobilizing orders, and with a single stroke the whole line of prejudices in favor of alcohol is put to rout. Where else than in the field could its wonderful powers show themselves so favorably if there were any basis for these false valuations? The order simply means that all that has been ascribed in favor of alcoholic drinks is pure deception.

### Education Should Begin Beforehand.

The question as to the best way of banishing alcohol from the field in time of war is therefore answered thus: Freedom from alcohol for the military forces in time of peace is an indispensable provision for an unopposed and rightly comprehended non-alcoholic regimen in time of war. Preparatory work for this is one of the chief tasks to be performed in time of peace. Fortunately, there has been developing during the last decade a strong anti-alcohol movement in the German army and navy. We have a full list of works by distinguished men having a high scientific standing, such as "Military Training," by Surgeon-General Leitonsdorfer, and a number of brochures by military surgeons and officers such as "Abstinenz und Marine" (Abstinence and the Navy), by Surgeon Buchinger; "Alkoholfrage und Marine" by Vice Admiral Dick, which has been distributed to the men by the hundred thousand.

Not compulsion, but explanation, not commands, but arguments—these are the fundamental principles of this endeavor.

### Military Abstinence Societies.

The result is surprising. There is a steadily growing society of abstaining army officers, with headquarters in Muhlhausen and Metz, promoted and especially favored by General Field Marshal von Haeseler, who has been an abstainer since 1878, and who says:

"I have found by experience that the man without alcohol is far more efficient for physical as well as for mental work, and tires much less easily, the whole year round. Spirits are the worst, but beer is a close second. It lowers efficiency, increases fatigue and causes thirst."

This is the teaching of Haeseler, and thousands agree with him, and thus there begins to be a departure from the former errors and prejudices, and a rapidly growing opposition to alcohol is clearly showing itself.

From four abstinent officers in the German navy in 1907 there has grown to be a strong anti-alcohol group which includes a whole series of admirals, captains and lieutenants, who have a chain of active anti-alcohol organizations, besides numerous groups on the different ships. In 1910 Emperor William pronounced his famous words to the mustered ensigns in the naval school of Murwick:

"In former times it was thought to be a mark of strength and cleverness in young men to be able to take and carry large quantities of alcohol. . . . The next war and the next battles will demand of you sound nerves. But the nerves are impaired by alcohol and for the young it is dangerous. The nations that use the least alcohol will be the victors. The temperance movement is a question of the future for our navy and for our people. . . . This is a work in which I ask you to take part."

### Where Precision and Presence of Mind Are Imperative

No one who has seen a modern battleship can be surprised at this. Every seaman, whether he be a captain or the lowest man in the ranks, needs every minute to have all his faculties and his efficiency at the highest point in order to keep this mechanism of wonderful precision under perfect control. Everything pertaining to the optical and mechanical arrangements and all the apparatus that must be "serv-

ed," the artillery, the torpedoes, the mines, the wireless telegraphy, the submarines, make the most stringent demands on coolness and self-control in maneuvers as well as in actual battle. The nervous system and sense organs, brains in the widest sense of the word, have here the most difficult task to perform. Every ten seconds' delay in carrying out a command, every minute oversight, can lead to the most destructive consequences for men and material, determining not only the destiny of a single ship, but perhaps the victory or defeat of a whole squadron, and in a certain sense, perhaps, the destiny of a whole people.

This wonder-working machinery of a dreadnaught, where the pressure of a finger is transported through eye and ear to brain and hand and again through brains and hands to a mass of millions of pounds, this wonderful piece of mechanism can be maintained at the height of its efficiency only when brains form the links of the chain.

To keep every screw in place in order that it may be ready at any minute to perform its function and at the same time excite with alcohol the brain which manages everything, and thus to impair the reliability of its action, or at least render it questionable, is as absurd as it would be to fire a bullet into the works of a clock in order to hasten its action.

"My children," said the Japanese Admiral Kanunuwa, to the men who volunteered for the attempt to blockade Port Arthur;—"My children, I am sending you into the most dangerous place where the most terrible fire of the enemy will be directed upon you. I now order you all, without exception, to die. Let not a single death bring credit to the enemy; let not a single death be useless. Your departure I solemnize not with champagne, because your task requires a clear head, and champagne clouds the mind. Drain with me only a glass of clear water."

If one compares this with the description of the drinking customs of the Russians in the same war given by Weressajew in his book, "Experiences of a Russian Military Surgeon," or the accounts of Captain W. Semenow in "Rassplata," he will see clearly the meaning of the use of alcohol in war.

#### **Soldiers' Habits Reflect National Habits**

This matter is so generally understood in the United States that the whole navy is

practically abstinent and not a drop of alcoholic liquors of any kind is allowed on board. This is easily understood when we know that a vigorous campaign against the false valuation of alcohol has been in progress there for about one hundred years, and that the aggregate of practical abstainers numbers millions.

In our times the absence of alcohol from armies and navies is determined largely by the drinking habits of the whole people. In the old countries of the abstinence movement, as in Sweden, the abstainers are estimated at 40 per cent of the whole population, in British-India more than a third of the total army of about 100,000 men. There we have important figures for comparison not only as to the greater efficiency of the abstinent soldiers, but also in the matter of discipline, or insubordination in war and in peace.

#### **Reports of Campaign Commanders**

Thus the commander of the Indian army, Sir George White, reported that of the 2,608 cases of punishment only seventy-three were abstainers, whereas in proportion to their representation in the army there should have been at least 800. In another year only five per 1,000 of the abstainers were sentenced for offenses as against forty-three per 1,000 of the non-abstainers.

Both efficiency and discipline are undermined by alcohol, proof of which is demonstrated by numberless examples. In cold and heat, in all hardships and fatigue, in the War of Secession in America, in the English campaign against Ashanti, and so on, we hear always the same story, always the one voice against alcohol.

We can learn from our enemies. Today, when England is set against Germany, we take doubly to heart the words of her Field Marshal, Lord Roberts, addressed to his soldiers in the camp of Shelsto:

"Give me an army of abstainers and I will go with it wherever it may be sent. An army that is made up of abstainers will be irresistible and win victory for anyone who has the honor to lead it."

#### **Alcohol Courage Is Not Heroic Courage**

One objection to abstinence remains to be noticed! Alcohol gives courage, and the soldier needs it for this reason. This is an absurd objection. Do we not all know the condition of this kind of alcoholic courage? It is a lack of perception of the danger because of the stupefying effects



of alcohol. It makes the way easy, the goal near, the opposition small, the strength seemingly greater than it actually is. It may be admitted that these false estimates of resistance and strength will give rise to the impulse to run against every opposition—which is not really smaller because it seems so—but what is the value of such running? Apart from the result, however, it must be considered a higher test of courage to encounter a danger when its extent is clearly realized, in the midst of multiplied risks that present apparently unconquerable dangers, to fulfill the last requirement because of the importance of the task. That is heroic courage, but not a blind rushing into danger because alcohol has masked from the brain its shocking extent—a condition which is of no more value ethically than for one to go into the fire because a knout is swinging behind him.

Victory may indeed be obtained with alcohol—but with the alcohol the enemy drinks! The prohibition of wine by the Germanic branch of Suabia is clearly in line with the report of Tacitus that German

armies suffered defeat only from the use of alcoholic drinks before the battle.

### Battling for the Future, Paramount

The battle cries of this world conflagration will die away, the tide of the struggle will ebb. It is the future of the people that the struggle is for. The close relationship between all those who have gone and will go out from us, lays heavy responsibility on those who remain at home that they do not rest inactive in the battle which we all have to wage against degeneracy in ourselves and our descendants, a degeneracy which alcohol alone so often causes, or at least increases. We at home have to take care that the blood of our comrades is not shed simply to prolong the suffering of a people degenerated by alcohol. The sufferings and sacrifices of war are endurable only as a means of elevating a people for a high destiny, a healthy, vigorous, joyous existence. Death for one's country becomes an earnest consecration when it clears the way for health, joy and happiness in the land of his children.

\* \* \*

## Hereditary Effects of Alcohol

By J. WALLACE BEVERIDGE, M.D., New York.

**I**N THE laboratory the experiments which have been carried on to show the action of alcohol directly upon cell structures taken from the lower orders of life are most valuable for the instruction of what does occur in a human being along biological lines.

Beginning with the cells of the yeast plant, taking 1 cc. as the standard, growing them on their natural media, there were found after eleven hours, 2,061 normal cells present, then when a one thousandth per cent. alcohol solution was added, the normal cells were reduced to 1,091; adding a one-hundredth per cent. solution the cells were reduced to 992; with a one-tenth per cent. solution the figures dropped to 852; and when a 5 per cent. solution was used, sixty-nine normal cells were found.

The phosphoric bacilli of Beyerinck were used. These baccilli are readily photographed if placed in appropriate vessels—a dark screen with holes in it covers the top, over which a sensitized photographic plate may be placed. The phosphoric light given out by these bacilli through the open-

ings in the screen will be indicated on the photographic negative. Add a 7 to 12 per cent. alcohol solution to the culture, and it makes no difference how long the exposure of the negative may last, no indication of the phosphoric light will be found.

This shows clearly and conclusively that the bacilli are disintegrated by the poisonous influence of alcohol.

Coming higher in the scale of existence we will use the perch, crayfish and goldfish as examples. To the aquarium in which they are swimming, add one-tenth of one per cent. of alcohol to the water and these fish will immediately drop to the bottom, then, unless they are removed to an aquarium containing unpolluted water, they will die.

If a fertile egg of a chicken is immersed in a 5 per cent. solution of alcohol for about two hours, or subjected to the fumes of alcohol, the embryonic chicken will never become viable. Again, by giving alcohol in minute doses, about one-half a drachm during each twenty-four hours, to a guinea-pig, while pregnant, the offspring, if viable

at the time of birth, will pass away within six hours.

These simple experiments conclusively prove that alcohol has a distinct poisoning effect upon cell structure and upon the existence of life as it is about to begin in the lower biological orders.

From these observations we are able to arrive at a fair estimate of what damage may occur in the human being if subjected to alcohol.

To my mind it is a very poor custom when people marry to celebrate the event with champagne, beer or whisky, when the considerable amount of spirituous liquor which may be consumed during the beginning of their marital career, during the first day, is a precedent that should not be countenanced; because, even if they desire to continue an abstemious life, the initial impression and exhilaration that is given at the time of marriage may persist, and the continued use of alcohol at every little celebration will ultimately result in a more or less continued use of strong drink. Of course in the human, if the father is a continuous imbibor, provided the mother is abstemious, the statistics do not show such grave results upon the children as when the mother is also a drunkard.

In England, where pauperism has been on the increase, the consumption of liquor has also been vastly more in amount than during any period in the history of that country. The children born of these indigent unfortunates are rarely, if ever, able to earn their living, and not only does it make a severe tax upon the country, and give intense worry to the men at the head of the government as to how to provide for these people, but it is causing an element to arise which is a distinct menace to the country; because if they are unable, or do not desire to occupy positions of trust wherein constant application is required, they naturally band together and endeavor to get what they can from others by coercion.

The annual cost for maintenance and watching this great host of uneducated and effortless people is bringing a burden of taxation upon those able to produce and maintain their families as they should, which is giving Lloyd George one of his most serious problems. The stature requirement of the enlisted men during the past ten years has been reduced twice.

In the United States the backbone of this nation first started from the early Puritans and the hardy men and women of the frontier whose daily task was to fight nature and combat the Indians during the early days when the dangers of existence placed them in constant jeopardy. This sturdy assemblage of a few was sufficient to start one of the greatest countries in the world, but since this country has become free, and large cities with enormous centers of civilization developed, the consumption of strong spirits has been enormously on the increase.

Now, what is the result? We have a great increase in nervous wrecks—we have a great increase in mental defectives—we have a great increase in the insane. The laws of morality have been lowered from the standard set in former times.

Mothers during pregnancy, or even before they are ready for their children, accustom themselves to drink. When the child is born the milk, which is the natural food for a baby, is always under par, and oftentimes is greatly diminished in quantity. The nutrition of the child at birth has been interfered with, and, in many instances, the baby is not able to withstand infection or any exposure to which it may be subjected. As the nutrition of the mother's milk is impaired, the only recourse of the physician is the use of the bottle, and we all know that bottle-fed babies are much more likely to contract diseases and die than those fed at the breast. But these grave effects do not seem to be recognized by the majority of men and women—about to have children.

Again, if the baby is able to withstand all these undermining features, and grows to maturity, his mental capacity generally is below that of those who were given true opportunities of health. They are not able to withstand serious mental shock, such as grave disappointment, or business worry, or the competitive battle of existence in our large cities, and the resulting shattered nerves and physical health in time places the man or woman as a charge upon his friends, the family or the city.

Why should we, as physicians, permit people to continue in this reckless waste of nature's greatest blessing—health, and burden their offspring with a body unable to cope with our problems of life today? Only by constant reiteration, and by teaching the evil effects that may result from



alcohol can we hope to blaze a path for our future generations which will have no such stumbling-block.

There have been investigators who have put forth the positive assertion that the effect of alcohol on the human race is very slight, but this assertion is not borne out by the facts brought to light recently.

The physicians in charge of our insane asylums and our institutions for the care of the mentally deficient have given us a tremendous amount of statistical information during the past few years, and under the heading of the principal cause of insanity, apoplexy, mental deficiency, moral degeneracy and criminal tendencies, alcohol is given the prime etiological place. The great insurance companies will not take as first-class risks those addicted to alcohol; and why should mothers of our girls take the risk by permitting their daughters to marry men who will not curb their appetites?

We are all fairly familiar with the action of alcohol in its pathological results, and it is unnecessary to give a detailed description thereof, but when considerable fluids are consumed and alcohol is the base,

they are more readily absorbed and the blood pressure is immediately changed. This causes an increased tax upon the kidney during elimination, and in time will create changes in the structure of the kidney, which usually results in interstitial nephritis. The liver is taxed in removing the toxic qualities in alcohol, and the toxins which are formed by the change in the carbohydrates and proteids that occur when united with alcohol lead to cirrhosis or fatty degeneration. The stomach, especially the pylorus, will oftentimes develop a degenerating process ending in carcinoma, and the nervous system, through over-stimulation, will become degenerated.

The use of alcohol, except in very great moderation, is so dangerous that I believe the men and women who make a practice of drinking ought to be ostracised the same as drug habitues, because if we countenance or overlook drinking, it will continue and grow much as it is doing now; we know there is nothing that prevents one from doing wrong more quickly than the evil impression one creates, with the loss of friendship.—*The Medical Times*, Sept., 1914.

\* \* \*

## The War and Drink

By REV. J. H. CROOKER, D. D.

**I**N the lurid light of this horrible war, the drink curse has been brought into new prominence. We face a new situation. When we compare the attention given the subject today with the entire absence of any reference to drink in the Franco-Prussian War of 1870, we see at once how far public opinion and general intelligence have advanced in a generation.

Three of the great national leaders have spoken vigorously on this matter. The Czar has earnestly warned his soldiers against the use of liquor. The German Kaiser has issued drastic orders against excessive drinking among his men. Lord Kitchener sent his British troops oversea with an earnest warning against the dangers of drink. All this is encouraging to the apostle of temperance, however keenly he may deplore the evils of battles and bloodshed. It shows that generals begin to understand that alcohol is the enemy of mankind and the destroyer of efficiency.

Three English doctors, at the very head of their profession (all knighted for their

medical skill), recently issued a stirring appeal to British soldiers in behalf of abstinence, pointing out how drinking would unfit them as defenders of their country. Sir Thomas Barlow, M. D., who presided over the great International Medical Congress which met in London a year ago; Sir Frederick Treves, M. D., who had wide military experience in the Boer War; and Sir Victor Horsley, M. D., eminent as author and surgeon. All occupy high positions in London hospitals, and they are, therefore, men who speak with the very greatest authority.

A striking illustration of the wide public appreciation of the gravity of the problem is found in a strong editorial printed in the *Liverpool Post* for August 18th. It opens with the following paragraph:

“Several correspondents have suggested in our columns the desirability of closing, or at any rate partially closing, the public-houses while the war tension continues. We are reminded that in South Africa during the Boer War, and also last, at the

time of the riots, liquor was either quite unobtainable or obtainable only for a short time each day. The immediate result was that ordinary crime and street accidents ceased. This corresponds with our own experiences in Liverpool in the August, 1911, strikes, when an almost miraculous effect came from the restriction of the hours for the sale of drink. It cannot be said with any confidence that the conditions generally prevailing at the present time are comparable to either of the cases we have quoted. All the same, there is really a considerable feeling among the public that no harm could be done, and much good might ensue, from the adoption of similar precautions in regard to licensed houses."

After referring to a case where an order closing the public-houses (saloons) had been made and then revoked, the editorial proceeds to state these interesting facts:

"It is not so in Newcastle-on-Tyne. There a simple closing order by the licensing justices has been put in force, and a *Times* commissioner on a visit of inquiry and observation reports that a transformation has been wrought in the habits of a community which at ordinary times keeps much the same hours as any other city. The most noticeable change, he says, is the sudden quiet which descends on the streets at nightfall. By 9:30 the central thoroughfares are almost deserted. By 10 o'clock most of the working class streets are in darkness; everybody is in bed. Every license house in Newcastle has to be closed at 9 o'clock. Similar orders have been made for Gateshead, Jarrow, Sunderland, Wallsend and Whitley Bay, and the movement will probably soon be extended to all the coastward parts of Northumberland and Durham."

In England at the present moment, there is a wide-spread protest against the custom of "treating" especially as applied to soldiers, not only among temperance advocates, but among intelligent and patriotic citizens in general, because the destruction wrought by alcohol is now commonly known by the people. On this point the editorial makes these sensible statements:

"In effect, it is a crime against the man who is treated and the country that he serves. If it be meant to steel his courage in the tasks that lie before him, let it be understood that Dutch courage of this sort, never of any practical use and always un-

wholesome, is especially not needed in connection with such a war as the present. There is so strong a spiritual stimulant in the cause for which our soldiers are fighting that spirituous stimulant is entirely superfluous. Let everybody, soldiers and civilians, call to their aid in these exceptional days that steadfast sobriety and dignity, that courage and restraint, which, as Mr. Lloyd George has said, are the best bulwark to the worst consequences of war. If British soldiers doing battle for their country stand not in need of Dutch courage, neither do those who are left behind to watch and to wait and to pray stand in need of Dutch comfort."

In this connection it is most encouraging to note that in a new government order, just issued, "penal servitude for life" is provided for any person who gives or sells to any of His Majesty's forces employed in the defense of his railway, dock, or harbor—even when he is off duty—any liquor with intent to make him drunk. This is, indeed, very well. But why stop here? If good to be sober in war times, why not also necessary in peace? Every man is guarding some sacred interests when there is no war. Why not have men at their best in shop and factory as well as when carrying a gun? If liquor destroys efficiency, why not abolish it from industry as well as from armies? Surely it will not be long before these facts will be felt and obeyed.

The writer was in Oxford when war was declared, and the ancient colleges were filled with the "territorials." He spent the next week in Burnley, the center of the cotton industry. He has been a week in the heart of Liverpool. In these wide experiences many things have been most impressive. First of all, the uniform testimony of thousands of returning American tourists to the kind treatment they have received in Great Britain—no extortionate charges and everything done for their comfort. The attitude and temper of the English people in this serious crisis have been most remarkable and praiseworthy—no jingoism anywhere evident, absolutely no desire for war; when it came it was met with calmness but with courage; an impressive solemnity spread through the land; no cry of fear or revenge, but a grim determination to do everything possible for the empire and civilization.—*Zion's Herald*, Sept. 15, 1914.



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## School Instruction in Hygiene

THE COMMITTEE appointed in 1903 by the American Academy of Medicine, to investigate the teaching of hygiene in the public schools reported recently (Bulletin of the American Academy of Medicine, June, 1914) a resume of the various recommendations and findings which this committee, under the chairmanship of Dr. Helen C. Putnam, has reported during the ten years of its service to the Academy and the public.

Over twenty reports are listed, each on important phases of hygiene that should form a part of the training and equipment of the young. Among these are: Prevention of School Fatigue; Education for Parenthood; Continuation Schools of Home-Making; Biology and the Teaching of Hygiene; Instruction in the Physiology and Hygiene of Sex.

The first two reports of this committee were on the laws requiring the teaching of hygiene in the schools and a study of the text-books used. The resume of this part of the report has a special pertinency just now because of the wide circulation given by certain liquor interests to the recent attack upon this feature of our school system.

The report says:

"The first obvious step in 1904 was compilation and analysis of laws requiring instruction in physiology and hygiene. This study resulted in disproving the prevailing impression that the laws prevent good teaching. They are, instead, helps by di-

recting the work to be done as well as teaching, for example, arithmetic and geography.

"The second obvious step was collection and analysis of text-books in physiology and hygiene. This study resulted in demonstrating a steady evolution in excellence, parallel with progress in scientific knowledge and pedagogy."

The value placed upon the work of this committee by the members of the Academy of Medicine may be inferred by the motion made, upon the receipt of the resume, by Dr. Adolphus Knopf, of New York, the noted tuberculosis specialist. After expressing his satisfaction with the report and its recommendations, he said: "I move the report be accepted with thanks and if I am in order I strongly favor the continuation of the committee. There is much more work to be done than we can think of at this time. I hope this splendid committee will be willing to continue and give us a summary of the progress of the work from time to time."

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The opening remarks of Dr. Putnam's committee are of interest in showing the wise and painstaking methods by which the work has been done. To quote again:

"The committee to investigate the teaching of hygiene in public schools has not aimed to review or collect opinions, but to assemble facts, and from them deduce such guidance as possible. This has meant omitting questionnaires, for the replies represent opinions, or are biased by the standards, or limited by the information of the writers.

"It has meant personal investigation of all details on which it reports. This has required expenditure of time and money in visiting schools to observe conditions, methods, classwork, notebooks and results."

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## The 'Wine Cellars of Belgium

NUMEROUS reports indicate that the people of Belgium have themselves been storing up the cause of the dreadful calamities and horrors that the war has brought upon them. It was not innate savagery and barbarism of the German soldier, but the crazing effect of the alcohol with which the Belgians had stock-ed their cellars that caused the atrocities. The reports of the newspaper correspondents in Belgium are unanimous in showing

that a great many of the excesses committed by the Germans there were done while they were under the influence of the wine they stole wherever they could. The looting of the well-filled cellars of the middle

upper class houses was the first business the invaders attended to, say the reporters, and they drank the stuff as freely as they drank their native beer, with most disastrous results to the unhappy Belgian cities.

\* \* \*

## The Scientific Temperance Charts

By ED. J. RICHARDSON,

Former Asst. Supt. Virginia Anti-Saloon League.

THE SCIENTIFIC Temperance Charts played no small part in the ultimate triumph of Prohibition in Virginia. During several years before the vote was taken, as wide distribution as possible, with limited means, was given to the charts, but this did not reach intimately the various portions of the state. There is no doubt, however, that the basal educational work performed through these excellent agencies awakened interest in quarters formerly indifferent on the temperance question. The almost time-worn arguments, especially along emotional lines, had become very largely platitudes in the minds of many people. The display of the charts in Sunday schools, churches and in many public places presented the Prohibition question at a new angle. Having a clearer and more definite understanding of the real nature of the thing being fought, many persons became more interested in Prohibition. They were brought to realize that alcohol itself is an unnecessary evil as an intoxicant, that it could be removed from the realm of society without injury to any of the established institutions, and that certainly the saloon is not a suitable instrumentality through which such a poison might be poured out upon the public.

But the most effective use of the charts was in special display in sets in Richmond and several other cities. First of all a set of the charts was displayed on the walls of the Virginia Anti-Saloon League office at 701 E. Grace street. A bulletin board, containing one of the charts, changed each day, was placed in front of the office with an invitation thereon to walk in and in-

an invitation thereon to walk in and inspect the exhibit. Day after day flattering numbers of visitors came in and many expressed themselves as not only pleased but enlightened by the facts presented by the charts. A large number of passers-by viewed the chart on the bulletin board on the street.

Realizing the intrinsic value of the great facts contained in the charts, a vacant corner store-room at 923 E. Main street, in the very heart of the business district, was rented, and a set of charts was attractively displayed thereon. First four-inch strips of light green crepe tissue paper were tack-

ed on the walls. Then the charts were put in place with brass-head tacks, each chart having the appearance of being set in a neat and attractive frame. In the fine plate-glass front, on Main and Tenth streets, sample charts were displayed and changed daily by a young man who was placed in charge. Appropriate invitations

# TILL DEATH DO US PART



**Alcoholic Drinks Helped Break Up  
9,228 Homes Every Year  
184,568 in Twenty Years  
1887-1906**

**One in Every Three Husbands  
Divorced for Cruelty was  
Intemperate**

**Alcohol is an Enemy to the Home**

—Copyrighted by Scientific Temperance Federation,



to walk in and inspect the charts were placed on an outside bulletin board and in the windows. The charts in the windows and in the room were supplemented by printed and original cartoons, and appropriate statements and quotations of educational and vote-making value. One of the chief uses to which considerable portions of the windows were put was the appropriate marking of editorial and news articles in wet newspapers, and brief reply in sentences and with original cartoons placed side by side. This controversial aspect of the exhibit intensified the interest and helped to attract some who ordinarily might have passed by.

However, the charts were the center of attraction from the time they were put on exhibition, and well-known liquor men and their strongest sympathizers hovered about the display room, and appeared to be much agitated by this unexpected and unusual method of attack upon the saloons. Frequently, during the business men's lunch hour, chalk talks were made to help attract attention and drive home truths about the saloon, and later in the campaign Mr. Owen W. Wiard, of Chicago, and Mrs. Wiard, were placed in charge of the exhibit. They alternately conducted almost continuous talks on the charts, and hundreds of people each day were reached and informed by this work. The closing thought of each talk was the uselessness and iniquity of the saloon, and Mr. Wiard interspersed the talks on the charts with appropriate use of excellent stereopticon

slides on various phases of the Prohibition question. It is not an exaggeration to say that there was an average attendance of five hundred persons per day during the five weeks the exhibition room was open. Large quantities of literature, including the small copies of the charts, were given out each day after the talks.

More might be said, but hundreds of pages could not make more emphatic the fact that the investment in, and display of, the charts constituted one of the most valuable assets of the Anti-Saloon League in the fight in Richmond and Virginia for Prohibition. As the writer had charge of the literature and publicity department of the campaign in Virginia, he believes it is not egotistical to say "for the good of the cause," that he knows whereof he speaks, and most heartily recommends the larger and increasing use of the scientific temperance charts. They should not only find place in the steady, everyday educational campaign, but should be used especially in business centers in the large towns and cities during the Prohibition fight itself. It is conceded by many in close touch with the situation that the use of the charts and the exhibition room features in the main business section of Richmond contributed in no small measure to a considerable reduction of the large majority the wets claimed in the beginning of the fight. Without reservation, therefore, I commend most heartily the scientific temperance charts as potent factors in Prohibition campaigns.

## World Wide Notes

### RUSSIA GOING DRY

**R**USSIA'S progress toward the abolition of alcohol is so rapid that a new phase of it appears every few days in the daily press.

The latest report (October 21) is a telegram sent by the Emperor to the President of the Russian Abstinence Society in which he says: "I long ago decided to interdict for all time in Russia the sale of alcoholic drinks by the Government."

If the Government itself finds it economy to forego the profits from liquor now in the midst of a war that makes enormous demands upon its financial resources,

it can hardly be supposed that it will allow private interests to derive profits from this business that has been found to deplete the economic resources of the country.

The prospect of a permanent abolition of alcohol in Russia is strengthened by three factors: A system of special instruction in the evils of alcohol has been adopted by the Government, the use of which is obligatory upon all educational establishments in the Empire, and the Imperial Educational Committee has entrusted the work of compiling the necessary text books for use in the lower and higher schools and colleges to the celebrated Russian physi-

cian, Dr. Mendelssohn, of St. Petersburg.

Greatly improved conditions among the people followed the early war prohibition and led to an order extending it indefinitely. Reports from Southern Russia say that the change has made the country hardly recognizable. Peasants who before the war had fallen into hopeless indolence and depravity, already have emerged into self-respecting citizens, as evidenced by carefulness in personal attire and greatly improved living conditions.

Not only has the Emperor recognized the transformation, but it is said that the imperial ukase was issued in response to the widespread demand of the people, who have been astonished at the effect following the prohibition of vodka.

A new land system has been established which will permit the Russian peasant to become an actual owner of land, thereby furnishing an incentive to save. This is one of the most potent factors, since heretofore the possession of a few roubles represented little more than so much vodka, there being no opportunity for permanent investment. Now, one of the strongest of all motives, the desire to own his home, will restrain the peasant from seeking the vodka shop.

#### INSTITUTIONS OF QUESTIONABLE VALUE

THE ANNUAL Report of the United Kingdom Alliance cites the following from The Brewers' Gazette of September 10, 1914:

"The prospect of unemployment, of shortness or dearness of food, looms ahead of the whole nation. It can hardly be wondered, then, if glances begin to be cast upon the taverns of the country, and men question, as never before, the social and economic value of them. The feeling is evidently abroad that they should be patronized as little as possible, representing as they do, to a large extent, national and individual luxury and waste."

"It is a striking confirmation," says the Alliance report, "of everything which temperance reformers have been teaching for more than half a century that in this hour of supreme crisis, when the warring nations are seeking the utmost possible efficiency in their armies and navies, and governments are making every possible provision for the conservation of their resources, war is at once declared upon alcohol as the most direct enemy of national

efficiency and the greatest cause of national waste." The London Times also agrees, and adds: "War is horrible; but the present, like all past wars, proves incontestably that where drink is permitted to soldiers, flushed with the excitement of battle, its horrors are increased ten-fold. Whether for peace or for war alcohol is indeed 'a broken reed, whereon if a man lean, it will go into his hand, and pierce it.'"

#### DRUG HABITS IN WET STATES

THE SUPPOSITION that prohibition in the Southern states is responsible for the increasing prevalence there of drug habits, is considerably weakened by the fact that the condition is by no means confined to the prohibition states.

A physician of Alabama called attention at the last meeting of the Alabama State Medical Association to the alarming prevalence of alcoholism and drug addiction among the physicians of that state. Estimating from the number of such cases treated in public and private institutions and the number of known cases receiving treatment outside, Dr. Partlow thinks there are not less than 100 physicians in Alabama who are addicted to alcohol, or other drugs sufficiently to render them irresponsible and unsafe in their practice.

Protesting against the inconsistency of such habits in physicians he says: "In this day of progressive and aggressive public health agitation, in which our profession must of necessity play the leading role, and in which eugenics, race improvement and conservation of brains is paramount, how can we hope to command the respect and confidence of the people to the extent of insuring their co-operation, parading our profession before them as their advisor and example, until we shall have had a house-cleaning ourselves?"

#### INFLAMED BY BELGIAN DRINK

ON ALL hands it has been clearly established that the Germans (officers and men) have intensified the horrors of war by the horrors of drink, and the two evils have let loose a horde of devils incarnate on the helpless inhabitants of Belgium and Northern France. The houses of the towns and villages occupied by the invading armies were found stocked with wines, spirits and beer, and these working on those inflamed by the lust of blood and of battle, made a pandemonium of drink, lust, loot and murder.



"I am convinced that the curse of drink has played an appalling part in the conduct of the German campaign in Belgium. The German soldiers found in Belgium every facility and temptation to indulge their national intemperance. Officers and soldiers were largely quartered in the houses of the bourgeois and in the chateaux of the country gentlemen. Now we know that every bourgeois dwelling or country house possesses a well-stocked cellar.

"We know for certain that from the day the Germans entered Belgium, their practice has been to sack the cellars of their hosts. Invariably their first visit is to the cellars, and the wines which those cellars contain are peculiarly "capiteaux" and dangerous to the gluttonous German. I have repeatedly cross-examined Belgian country gentlemen. They have unanimously emphasized the drunkenness of the German soldier. Only yesterday my cousin, M. Edouard Rolin, told me that at his chateau of Gomzee the soldiers gave themselves up to an orgy which lasted three days. Even at the Chateau de Lalken the first deed of the German superior officer was to sack the cellars of King Albert, and we have the significant little fact that the first order which the German commanding general issued on entering Brussels forbade the serving of alcoholic drinks. The general knew from experience what the soldiers were capable of when they were in their cups.

"If we keep in mind this curse of drink, and if we remember that for four weeks the German troops have been emptying the cellars of Belgian chateaux, we shall have much less difficulty in explaining some of the worst conflicting evidence about those atrocities."—(*Daily Chronicle* special war correspondent, Antwerp, Sept. 1).

\*

## The French Campaign Against Alcoholism

THE CAMPAIGN against alcoholism in France is one of the highest importance. The most ardent efforts are put out to help the organizers of the movement, by "all those who love France and have her welfare at heart." A writer in *La Revue* who signs himself N. D. L. R. suggests that France, having imposed upon herself a very heavy burden in establishing the three years' military service, might not be able to stand the "double sacrifice de-

manded by militarism and alcoholism, the supreme destroyers of the race."

Subjected to the conditions of these two calamities, will not the country find itself paralyzed and ruined?

"The curse of alcoholism must be abolished at all cost in order to safeguard our national life and defense," continues this writer.

The legislators with the lightness which often characterizes their generous impulses have entirely forgotten this side of the question. An elementary concern for the interests of the fatherland ought to have compelled them to add to the law of three years' military service an indispensable corollary: the vote for suppressing the privileges of the liquor manufacturers and for limiting the number of places where alcoholic drinks are sold. All selfish interests would have been silenced in the face of the patriotic consideration of the welfare of the country. However, it is never too late to do the right thing. The "Alarm" League, in identifying alcoholism with anti-patriotism, will not fail to arouse the national conscience—which in time will not fail to respond, in the face of the ever-growing burdens that the thought of the salvation of France imposes upon it.

"It would seem superfluous to speak again of the curse of alcoholism," remarks M. Leonard Rosenthal in another issue of *La Revue*, "considering that we are taught even in school that, in a generation or two, France will cease to exist if it continues to alcoholize itself. Compulsory courses enlighten the youth upon all the fatal consequences of the evil. Later on these young men will read and wonder why the Parliament permits this dreadful plague to sap the vitality of the nation."

"It might be profitable to compare the progress made by alcoholism with the efforts that are being made to check its ravages," says M. Rosenthal. Here are a few figures:

The number of saloons in France has grown to 480,000, which means one saloon for every eighty-nine inhabitants, or, to be more exact, one for each twenty-two male adults. The consumption of alcohol has reached the average of four litres of alcohol per person. This places France in the very first rank of the list of alcohol-consuming nations.

What has been done to resist this rising wave of evil? Much by private enterprise.



There has been anti-alcohol league upon league formed in France, at the head of which stands the National League. These Associations are strengthened by the newspapers which they own, and which carry the good word to the most obscure corners of the country.

Each league has its seat of government in Paris, or other large city, and branches in the smallest villages which carry on the disinterested, humble work of winning over as many people from the saloons as they possibly can. There are innumerable other societies besides the leagues referred to which work toward the same end. Every anti-alcohol meeting called in the cities is sure to bring in a large number of representatives from feminist societies, (are not the women the first to suffer from the intemperance of their men-folk?) also from athletic, sporting and boycotting societies.

M. Rosenthal lays great stress upon the importance of sports and athletics as a means of regenerating the race, and says:

"Sports have been developed in France to an astounding degree within the last five or six years. There is not a city, town or village where there does not exist at least one society devoted to outdoor sports. The young members of these admirable associations have realized that to be fit and to develop the maximum of strength and endurance one must renounce the use of alcohol. They furnish an example to the working classes, to whom they prove that it is not necessary to drink alcoholic drinks in order to be strong."

While admitting the progress made by these associations, M. Rosenthal sadly remarks that, with the immense growth of the business in alcohol in France, the temperance societies gain one member while the saloon claims ten. To the workingman and the average tradesman, the sight of a well-lighted and well-heated saloon, where he may chat with a companion or friend over a glass, is far more attractive than the austere hall where anti-alcohol meetings are held and homilies delivered.

M. Rosenthal points out that it is to the promulgation of laws limiting the production and the using of alcohol that they must look for salvation, and he cites the examples offered by Sweden and Norway—not hoping, however, to obtain such prompt results for the French, who are temperamentally different from the Scandinavians.

Statistics are valuable. They have shown

us that the recent Balkan war has not cost the five countries that took part in it more than alcoholism costs France annually.—*American Review of Reviews*, July, 1914.

\*

## Saloonkeeping Too Dangerous

By WALTER VAIL, Palo Alto, Cal.

**I**N an investigation by all the large life insurance companies, just finished, it was discovered that proprietors, superintendents and managers of hotels who do not attend bar have died at the rate of 135 per cent of the expected. Those who attended bar—178 per cent of the expected. In the latter case cirrhosis of the liver was six times the average, diabetes three times the standard, cerebral hemorrhage and apoplexy, organic heart diseases and pneumonia twice the standard, and Bright's diseases nearly three times.

Death rate of proprietors, managers and superintendents of breweries was found to be 135 per cent of the expected. Death rate from suicide in this class nearly twice the standard. Proprietors, managers and owners of saloons, billiard rooms and bowling alleys with bar, died at the rate of 175 per cent of the expected. Waiters in hotels and restaurants where liquors are served 177 per cent. Proprietors and managers of wholesale liquor houses 122 per cent.

Very few companies will insure saloon men at all, and those who do rate them up twelve years. A business that will shorten a man's life twelve years is a good business to get out of. A business that multiplies diseases by from two to five times, is too dangerous for a sensible man to stay in, when there are plenty of healthy occupations in which a man can make a living.

Compare the above death rates with the rate of some of the following occupations: Passenger-train men 137, saw mill men 120, smelterers, 114, bricklayers, 108, motormen 131, plumbers and steam-fitters 99, railway mail clerks 85, shoe manufacturing operators 101, undertakers 95, veterinary surgeons 80, woolen mill men 113, barbers 109, butchers 96, blacksmiths 81.

Get out of the business. It is no good for you and no good for your patrons.

The above statistics are taken from the "Medical Actuarial Mortality Investigation," Volume No. 3, published in 1913.



## What Is In the Magazines

**A**N INVESTIGATION of family degeneracy made by J. Rosenberg, is reported in a recent number of the *Zeitschrift f. d. ges. Neurol. und Psych.* (Vol. XXII, 1914). The genealogies of more than one hundred well-known families were looked up from official records and the testimony of reliable representatives taken, and from these were traced the symptoms of degeneracy, particularly that of alcoholism and its consequences, appearing in the present generation.

The principal results of the investigation were that drinkers in general had a shorter duration of life than the temperate and their children have the same disadvantage.

Among the children of temperate parents there are not as many alcoholics as among the descendants of drinkers. This seems to point to a tendency to the inheritance of alcoholism. Whether regeneration in the sense of a reversion of a whole family to sobriety and corresponding favorable living conditions prevail in the latest generation could not be definitely determined because as a rule alcoholism does not make its appearance until the age of forty, sometimes later, and few of the members of the latest generation had reached this age at the time of the investigation.

Alcoholism in the parents and grandparents appears to be closely associated with the existence of feeble-mindedness. In twenty-three out of the twenty-seven families where feeble-mindedness was present, there had been alcoholism either in the parents or grandparents. Seventy-six per cent. of the weak-minded children had drinking parents, while of all the children of known parents only forty-one per cent. were of drunken parentage.

In mental diseases, alcoholism of the forefathers appears not to play a very prominent part, nor in epilepsy, although the numbers here are too small for generalization.

Drinkers have relatively more illegitimate children than the temperate, they become bankrupt more often and require charitable assistance. Among seventy-five dependents thirty-two were drinkers, and of the

remainder, fifteen were the sons of drinkers. Those receiving aid, who are not drinkers, as a rule require smaller amounts than the drinkers.

While on the one hand alcoholism appears to originate, or at least increase the various signs of degeneracy, on the other it manifests a similarity to them. It appears in families and is markedly inherited; whether it actually develops of itself depends upon various circumstances. In one who is otherwise unbalanced, for example, one who has abnormal religious tendencies, there is less danger of the development of alcoholism.

The chief factor appears to be the drinking customs, in which occupation and position are a large factor. Of eighteen tavern keepers, two unknown, four were moderate and twelve heavy drinkers; of five commercial travelers, one was moderate and four were heavy drinkers. In harmony with this is the fact that the daughters of drinkers are far less frequently alcoholics.

This contribution of Rosenberg's has cost an enormous amount of work and the tables are too complicated to be of general use, but for the student it has great value and a part of it would be of special value to unmarried women.

### INHERITED DEFECTS ATTRIBUTABLE TO ALCOHOL

**T**HE INFLUENCE of alcohol as a detrimental factor in inheritance is one which has not readily lent itself to convincing experimental proof in the past. During the last four years Professor Stockard, of the Cornell University Medical School in New York City, has been engaged in a study of the effects of alcohol in heredity. He has demonstrated conclusively that the germ cells of males can be so injured by allowing the individuals to inhale the fumes of alcohol that they give rise to defective offspring although mated with vigorous untreated females.<sup>1</sup> The extension of these unique investigations, in which the offspring from the treated animals which reach maturity are usually nervous and slightly undersized, has further shown that the effect of

the injury of the germ cells is not only exhibited by the immediate offspring of alcoholized animals, but is conveyed through their descendants for at least three generations.<sup>2</sup> There are many instances of matings followed by negative results or early abortions, stillborn young or defectives. An instructive illustration was afforded in a case in which two of the four young were completely eyeless, the eyeballs, optic nerves, and chiasma being absent. Such defects result, according to Stockard, from the injury originally inflicted on the germ cells by the experimental treatment. Yet this injury may have been received by earlier generations only. Thus the parents of the anophthalmic guinea-pigs just mentioned were untreated, their four grandparents were also untreated, but their great-grandfathers were all alcoholized and their great-grandmothers were all normal animals. The defective eyes of descendants are due to impaired development, not to the direct action of alcohol. Plainly the spermatozoon is actually weakened, if not disabled by the alcohol treatment and all individuals arising from combinations involving such a germ cell are likely to be below normal. There is food for reflection in these facts.

#### References

1. Stockard, C. R.: Arch. f. Entwcklungsmechn. d. Organ., 1912, XXXV; Arch. Int. Med., 1912, X, 369; Am. Naturalist, 1913, XLVII.
2. Stockard, C. R.; A Study of Further Generations of Mammals from Ancestors Treated With Alcohol, Proc. Soc. Exper. Biol. and Med., 1914, XI, 136.—*Journal of the American Medical Assn.*, October 17, 1914.

#### TAKING ALCOHOL OUT OF WAR

**W**HEN a man faces death he looks at things straightly. Instinctively his sense of values seeks a bed-rock basis. When nations face death it is the same. For the nations now engaged in the mightiest of wars, with the possible exception of Russia, this is a life-and-death struggle. Even Russia is taking no chances.

In this conflict each participant recognizes the supreme need for calling to its aid the vital factors that make for success, and these only. And in carrying out this policy one of the first steps taken by England, Russia, France and Germany, was a move against alcohol.

In the estimation of the guiding minds of these four first-class powers, it was as necessary to deal with the question of alcohol—even in malt combinations—as to consider guns, ammunition supplies and transportation.

Important as he is, the man with the gun is not the sole arbiter of victory in any war. The men and women left behind, who must look after the sources of food supply and the necessary workers in mills, mines and factories are, in their way, equally necessary. This majority has also been considered in the edict against alcohol.

Each of the governments which has put a ban on drinking receives large revenues from the manufacture and sale of alcoholic liquors. Next to the well-worn plea for "personal liberty" this is the rum supporter's strongest argument.

"Where will you get the money to run the country if you cut out the sale of liquor?" he asks.

The best answer we know of is the action of these four great nations, which, at a time when every cent that can be got is urgently needed for the conduct of war, find it more profitable to reduce this revenue than to run the risks incidental upon the general use of alcoholic drinks among the soldiers and, as in Russia, the general public.

No sentiment is intermixed with this new order. Along with the advent of the aeroplane, the dirigible and the submarine, the bottle has been banished from modern warfare simply because it is incompatible with efficient fighting.

The unsentimental brain of economics has weighed the bottle in the balance and found it wanting in those properties which are vital when men and nations stand face to face with death and possible downfall.—*Philadelphia North American*.

\*

#### Drink and Home Troubles.

I have had an exceptional opportunity for forming an unbiased opinion of the various aspects of the liquor question. From the reports of the tens of thousands of cases of rescue by the Salvation Army—reports of cases of victims from all parts of the world and from all social strata—we are enabled to form a more or less scientific deduction as to general conditions.

One fact alone, a fact deduced from our reports, should settle for good and all



the question, "Is drink the cause or the result of trouble in the home?" and that fact is that more than nine-tenths of the drunkards in the world were habitual drunkards before they were married, having acquired the habit either in clubs or saloons, according to their social status. And the drink habit is almost invariably due to the positive influence of social intercourse of the wrong kind and in our great cities to the lack of the restraining and uplifting influence of social intercourse of the right kind.

Our reports also show that where men have contracted the habit of drink after marriage, an almost negligible number were driven to the so-called solace of the bottle through commonplace troubles, such as nagging on the part of the wife or of the pinchings of poverty. The troubles at home that cause drunkenness are the great disasters such as the death of the wife, the ruin of a beloved child, a crime committed by a son or a brother, or a continued series of unbearable business disasters.

We find that where attempts are made to shift the responsibility to the shoulders of the wife, such responsibility can generally be traced to the man's own behavior. For instance, if the man's drinking is due to the wife's infidelity, we find that the wife's infidelity was due in almost every case to the brutality or neglect of the husband.

In a vast number of cases we find that the husband complains that the wife's temper has driven him to drink. But upon investigation it is almost invariably shown that the husband was a heavy drinker before marriage and wed during one of his periods of sobriety. Thus he is not suffering a start on the downward path through her, but only a very customary relapse. It is positively appalling, the number of cases where trusting women have been "taken in" by men in this way. — Evangeline Booth, in the *Boston Globe*, July 19, 1914.

#### Blows From Collier's.

*The Man Who Made Money Out of It.* From the confession of a man who committed a hideous murder: "I am 27 years old and live with my mother at 2025 Walnut street. I'm a salesman, selling pickles. I returned home from work in the afternoon on July 27 and then went out and visited saloons and had a lot to

drink. Later in the day I met my father, who lives at 1808 Fulton street, and we went to more saloons and I had more drinks. I took a walk over on Madison street in the evening and about eight o'clock at night I saw the little girl in the passageway between two houses."

We know nothing in our civilization worse than the fact that men who stimulate other men to drink whisky are permitted to enjoy all the prerogatives of civilization in Baltimore, Louisville, Peoria, and other cities where the distiller is the prince of business.—*Collier's*, Sept. 5, 1914.

*The Heart of It.*—The heart of the liquor problem is to be found in this passage which we find in a Chicago paper described as a quotation of a notice on the price list of the Richelieu Wine Co. "Hints About Serving."

"A diner should always have easy access to the wine list and after ordering should be promptly served. This course often results in a second bottle being used.

"The occasional drinker is often tempted to order wine when he sees the list lying before him: if it is not in sight, the chances are he will not feel any particular desire to drink wine with his meal.

"If wine is ordered do not place ice water on the table.

"Keep in mind these suggestions."

There is the great point: If a man is engaged in the selling of booze he is also engaged in **stimulating its consumption**, in persuading and overpersuading people to drink it. We can't think of any way of making money, quite so odious as this.—*Collier's*, Sept. 5, 1914.

*For Efficiency.*—"Total abstinence from alcoholic stimulants," runs a cable dispatch from London, "will be strictly observed during Sir Ernest Shackleton's trip across the South Polar continent. He and his men propose to work long hours, including eight hours' marching every day, but for stimulants they will rely on nothing stronger than tea or cocoa." This is not the freak of an enthusiast, but a common sense decision, based upon the facts concerning alcohol. For maximum efficiency, the explorer cuts out the booze. The question is: Shall the rest of us be equally efficient in shouldering a share of the world's work? —*Collier's*, August 29, 1914.



## The Library Table

### NATIONAL ASSOCIATION FOR THE FEEBLE-MINDED—18th Annual Re- port.

This booklet contains a review of the work done by the Association in England in the year 1913, chiefly at the various institutions where the feeble-minded are cared for. The work and aim of the organization seems to be largely philanthropic, and in this field much good has been done. But more valuable still would be research into the cause of mental weakness and methods of reducing its extent. The results of such investigation would surely aid in finding a lasting remedy for a condition that is alarmingly prevalent.

\*

### THE CAMPAIGN MANUAL—1912. Com- piled by F. S. Spence. Dominion Alliance, Toronto, Canada. Price 10c.

Designed to supply accurate statistics and valid argument for Prohibition propaganda. It meets this need admirably by its brief pointed paragraphs, which cover the latest facts having bearing on the question. Necessarily, it is more adapted to conditions in Canada, and because of this much more space is given to Local Option argument, but in these fields it is a valuable handbook. It also contains a good summary of the situation in the United States prior to 1912.

\*

### THE NEXT GENERATION. By Mrs. Frances Gulick Jewett. Boston: Ginn & Company. Price \$.75.

The school text books on physiology received a valuable addition when the Gulick Hygiene series was published, and now a book comes from the same pen representing even greater advance. The danger threatening young people today is not that they may learn too much about life and especially the perils peculiar to them, but that they may learn from corrupt sources. The purpose of this book is to remove any such contingency and to give to the youth of the land trustworthy information regarding the three great phases of life, heredity, environment and personal development. The subjects are interestingly developed and many things are presented that should be of value to those who have long since passed school days. The chapters on the relation of alcohol to the "Next Generation" contain the results of the latest investigations, and are authoritative. It is a book with a live message.

\*

### JUVENILE COURTS AND PROBATION.

By Bernard Flexner and Roger N. Baldwin. New York: The Century Co.

Legal procedure with relation to the child has been making rapid strides toward improvement of former conditions. The tendency is now to remove many of the unnecessary stigmatizing measures attendant upon arrest and

also to go back of the delinquent, who is often the unfortunate victim, to the family which may be responsible in a great measure for his plight. This book is a report of a special committee on juvenile courts and their administration, and contains not only existing methods and conditions, but proposals which will better the treatment of the child and make the courts more effective.

\*

### THE SALOONKEEPER'S LEDGER. By Rev. Louis Albert Banks, D.D. New York; Funk & Wagnalls Company. Price, 75 cents.

An orator can so galvanize facts that they will live in the minds of those who hear them. The facts with which Dr. Banks deals in this volume belong to such general classes as the relation of alcohol to disease, to social morals, to the home life, labor, crime and political corruption, but they glow with the warm touch of sympathy and vivid imagery. The mission of the book is well set forth in the preface by Dr. Theodore L. Cuyler. "Temperance ballots are not self-made; they are the result of education and the toning up of the public conscience. There must be a new education of the American people in regard to the drink evil. It must be carried on in the homes, in the Sunday Schools, and from the pulpits. . . . The crying need of the hour is a fresh educating of the public mind and conscience in regard to the curse of strong drink."

"The Saloonkeeper's Ledger" is well adapted to aid in such a campaign of education.

\*

### SEVEN TIMES AROUND JERICO. By Rev. Louis Albert Banks, D.D. New York; Funk & Wagnalls Company. Price, \$1.25.

The able lectures on the drink question, which the widely known pastor of the Hanson Place Methodist Church, delivered to his parishioners in Brooklyn, will be of service as long as property and lives are wasted by the social custom whose evils he exposes. There are no dull or redundant sentences in the whole series of seven lectures, and the wealth of incident they furnish is applied with telling force to the most important phases of the question—the reasons for abstinence, the effects of drink upon the home, the church, social economics and social welfare. The responsibility of the church, the physician, the social leader and all those who allow their influence to strengthen the drinking custom and multiply its ravages are pressed home with all the power of logic and eloquence.

The work of training, instructing and warning that must yet be done by parents, teachers and ministers before the alcohol question is solved can not be accomplished in one supreme effort. It has to be done a little at a time, continuously, hence the assistance gained from books like these that instruct, guide and inspire.



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— Dr. John Lovejoy Elliot.



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DECEMBER, 1914

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# Scientific Temperance Journal

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**T**he Democratic party cannot afford to shield the brewery, the distillery and the saloon from the rising wrath of a determined people. Democracy is the nation's hope on political and economic questions---let it not, by taking sides with the liquor interests, repel those who put moral issues first. The young men of the country are democratic by nature, but they will not submit their claims to political preferment to those who conspire against the home and everything good---neither will they find pot-house politicians congenial party associates.

---The Commoner.

## A Village Picture of Alcohol's Relation to Child Mortality

By DR. ADOLF KICKH, Durnnberg, Austria.

**D**URNNBERG is a village of 805 inhabitants (census of 1910), situated south of the city of Hallein in the north of Austria. Hallein lies 1,450 feet above sea level; Durnnberg church, which is near the center of the 132 houses of the place, is about 2,000 feet higher. The country is mountainous, the climate windy.

### The Industrial Situation

The inhabitants of Durnnberg and of the surrounding Salzberg and Bavarian regions are engaged for the most part in the mines of Salzberg and in the salt works of Hallein. Most of the houses of the district are occupied under what is called the 'berg-rechte,' that is, the inhabitants have the right, if physically able, to be employed in the Salzberg mines, and most of them take advantage of this right. They are therefore, both farmers and miners.

The small size of the parcels of ground easily permits the combination of these two kinds of work. The mining day consists usually of six hours, seldom eight (and may be done at night), and the remaining time can be used for farm work.

The living conditions are very modest but not bad; the deficiency in the returns from agriculture and cattle raising can be made up by those from mining. The work in the Salzberg mines is considered not as dangerous as in other mines.

### The Homes Studied

Perched on the sides of the mountains, the modest houses are built, some of stone,

some of wood, but on about the same general plan; a large room serves as living-room and kitchen, from which opens a smaller chamber used as sleeping-room for parents and children. The grown children and other members of the family, and sometimes the servants, sleep in other rooms on the first floor. When there are many children, the sleeping-room is rather cramped. Cleanliness, as a rule, prevails.

In thought and feeling, the Durnnberger is a farmer, not much influenced by progressive ideas. Artificial limitation of the number of children is practically unknown.

### Birth and Death Rates of the Village

The infrequency of nursing by the mothers is due in part to the social conditions (24 women and grown daughters are employed in the tobacco factory of Hallein), but principally to ignorance and indifference and the heavy demands made upon mothers by house and field work.

The infant mortality in the total population of Durnnburg has fallen from about 41 per cent. of all born in the decade 1873 to 1882 to 25.2 per cent. in the period from 1903 to 1912.

The birth-rate of the last decade amounted to 41.86 per cent., and is increasing. The general death-rate is 22.6 per cent., and is decreasing. About 60 per cent. of the recruits are fit for military service, which is a very fair percentage.

This constitutes the essential picture of the inhabitants of Durnnberg, but for the purpose of this study everything will be

excluded except the conditions that have special relation to the investigation of alcoholism.

### Beer the Common Alcoholic Beverage

The use of spirits is a matter of small consequence, as only a few noted toppers use it in large amounts. Wine also is not much used. The exact amount of these two cannot be well ascertained. The popular drink is beer. How much of this is taken directly from the breweries, as by the rental of barrels on festive occasions, is unknown. But the consumption in the retail places is by far the most important, and this can be easily ascertained. This gives us figures with which to compare the consumption to that of other localities and regions. The average per capita consumption in Durrnberg is 209 litres.

According to Schweighofer, the consumption of beer for the district of Hal-lein is 286 litres, for Golling 519, Grodig 578. That of Seekirchen, 621 litres, stands far in the lead. In comparison with other places in Salzburg, Durrnburg is, therefore, a very "moderate" region.

### Limits of the Investigation

In order to obtain biological conditions uninfluenced by fluctuating and foreign elements, I separated from the population all the families of outsiders (revenue collectors, officials, landlords and others not native-born), and with the help of information gained from the people themselves and from church registers (birth, death and marriage records), collected the genealogical tables of the families living in the village and extended the collection to the whole district by including neighboring families related, for the most part by blood and marriage.

This gave a homogeneous, uniform basis, a group of families, which having a common means of livelihood, agriculture and mining, were situated under similar living conditions as to food, clothing, housing and race, and nearly all connected by blood or marriage, a group that could be called typical Durrnburgers.

Only such of these could serve for the investigation as presented an uninterrupted strain, altogether 230 families consisting of 675 men and 653 women with 1,328 children. Of these families 22 were childless. Statements of church records concerning miscarriages and still-births were excluded from the investigation because unreliable.

### The Groups Compared

For the inquiry into the injury done by alcohol I separated the families into the following eight groups:

1. Healthy families, that is, all families in which no inherited tendency to disease existed or any essential germ injury from alcohol which would have any weight in an alcohol investigation.

2. Families having a slight hereditary taint; these were for the most part relatives among whose ascendants there had been cases of tuberculosis, but no mortality from the same, leading to the conclusion that the susceptibility had become latent or the condition determining the disease, present in only a small number, and had perhaps become extinct in the grandchildren. In other cases, there appeared to have been a strong addiction to alcohol on the part of the father without any special evidence of establishing a strain of drinkers.

3. Syphilitic families, that is, families in which the father suffered from acquired or hereditary syphilis.

4. The families of soldiers, those whose fathers or grandfathers had taken part in military campaigns. It may be assumed that the severe exertion and insufficient diet which are a part of these campaigns cause injury to the germ plasm. War veterans may also be suspected of lues or alcoholic injury. These families, five in number, I have, therefore, excluded from this investigation.

5. Families in which one-third at least of the known causes of adult deaths was cancer and among whom no other organic disease was present. The majority of these families originated from a father who died of cancer and the children of which presented striking anemia. It is not important for the question of alcoholism to go further into the reason for separating this group.

6. Families with pronounced susceptibility to tuberculosis infection, which was expressed by marked frequency of deaths from tuberculosis in the relatives, with absence of other serious organic diseases and of drunkenness. More precisely expressed: Families in which one of the parents died while young from tuberculosis or in which at least one-third of all the diagnosed deaths were attributed to consumption.

7. The families of drinkers which were not afflicted with tendencies to either cancer or tuberculosis or lues, in short, fam-



ilies that were healthy in other respects but in which one or both of the parents were drinkers, people who were commonly designated by that name, and more or less correctly described by it. These varied from thirsty musicians, from jolly tavern frequenters, to actual toppers. Most of these I knew personally, and I must say that the limits are rather loosely drawn and include many who considered themselves moderate.

8. Miscellaneous. In these eleven families are included all those who do not properly belong in groups one to seven. They contain one syphilitic who was also an alcoholic; the rest were drinkers and tuberculous.

I am very well aware that this method of grouping is very inadequate and open to criticism. But the principal considerations are:

1. To be certain that the doubtful cases, those families of drinkers which are somewhat influenced by tendencies to

tuberculosis or syphilis, are excluded.

2. That the possibility is furnished of comparing the child mortality of drinkers' families with those in which no other germinal injury, syphilis or hereditary tendencies to disease (tuberculosis and cancer) are present. Reasons for the exclusion of cases of other hereditary taint (gout, etc.), are superfluous.

Any statistics based upon an investigation of families must naturally be confined to small numbers.

The following tables furnish nothing new. Arrive's work, mentioned by Laitinen at the Budapest International Congress, 1905, I am not acquainted with, but the basis of my investigation (an entirely uniform population and grouping of families) is new. By this new way we come to the old conclusion: alcohol is—at least in our population which is not much affected by tuberculosis—the greatest source of injury to childhood:

Kind of Family	Healthy	Slight Hereditary Taint	Syphilitic	Tendency to Cancer	Strong Tuberculosis Taint	Alcoholic	Total
Number of families	132	28	5	12	16	21	214
Childless Families	12 9%	3 10.7%	2 40%		2 12.5%	3 14%	22 10.2%
Number of Children	650	212	25	107	95	125	1,214
Average No. Children per Family	4.9	7.5	5	8.9	5.9	5.9	5.6
Died Under 1 Year of Age (per cent.)	18.6	32.5	36	26	34	36	25
Died Between 1 and 5 years of age (per cent.)	4.6	8	4	4.5	11.5	8.8	6
Total Died Under 5 Years of Age	23.5	40.5	40	30.8	46	44.8	31
P'rc't'ge of Children Died in 120 Families that had Children	5	8.4	8.3	8.9	6.7	6.9	6.3

If we leave out of the account the cases of syphilis, because of the small number of families, we see that the largest percentage of childless marriages occurs in the alcoholic families. Infant mortality under one year of age also is largest in these families, nearly twice as large as in the healthy families, although the term alcoholic is very indefinite as we may conclude from the large number of alcoholic families which constitute 9.8 per cent. of the whole number, reminding us of Bunge's estimate, every tenth man a drinker.

It is remarkable that in all the families having a tendency to disease the number of children is larger than among the

healthy. A small deviation toward tuberculosis shows that barrenness increases and the number of children decreases as the tendency becomes stronger. The death-rate of older children between one and five is highest among those of marked hereditary tuberculosis, but it appears to be larger among the children of drinkers than among those having slight tendency to tuberculosis and almost twice as large as among the healthy.

It is a sad fact that the high mortality of the children of alcoholics affects sound, vigorous families; it is not a weeding out of defectives, nor as Legrain's well-known tables show, is it a satisfactory process of elimination.—Translated for JOURNAL.

# Attacking the Big City Problem

## Awakening the Conscience of a Great City

By REV. PHILIP YARROW,

President of the Young People's Civic League, Chicago, Ill.

**T**HE problem of stirring the heart of a city so vast and complex as Chicago is a task of gigantic proportions. The forces of evil are so strongly entrenched, and their influences are so widely prevalent, that only herculean methods are adequate to cope with the situation. And yet, the conscience of Chicago has been awakened over the awful vice conditions formerly prevalent. The \$15,000,000 annual vice profit in the city upon which hundreds of vampires were fattening was not too great an obstacle to overcome. Because Chicago saw the light, she girded herself with the strength of a new conscience and closed up the infamous resorts. We firmly believe that Chicago is today the cleanest great city in the world.

What Chicago has done to these hundreds of dens of iniquity she may do to the 7,000 saloons within her borders. We have already declared our intention of bringing the issue to a vote in a year or two, and plans are now being formulated for a campaign that will shake the city. Chicago is sensitive, and when she fully knows her shame, she desires to be clean and morally strong.

### The World Within Her Gates

There are almost 2,500,000 people living in this big city, sprawling, a mighty giant, for twenty-six miles along the shores of Lake Michigan. We are growing at the rate of 100,000 a year. And what a polyglot population! It has been stated that we have representative groups from sixty-five nations and principalities. Jesus said "Go ye unto the uttermost parts of the earth." God has sent the uttermost parts of the earth to Chicago. We have here thirty-four resident consuls. Seventy-seven per cent of our population is foreign-born or of foreign parentage. More than thirty newspapers are printed in foreign languages. Chicago is the first Bohemian city in the

United States, the first Polish, the second German, the third Italian, while it is the first Lithuanian city in the world. The leading races in her population are, in their numerical order, as follows: German, Polish, Russian, Irish, Bohemian, Swedish, Italian, Austrian, Norwegian, Hungarian and Lithuanian.

### What America's Drink Does to These New Citizens

The Scandinavian people as a rule, are temperate, but the remainder of these races are cursed by drink. The ravages of alcohol among some of these people are frightful. Moral and physical deterioration is everywhere observed. Many of the men entering the country with robust peasant constitutions are reduced by drink and its kin miseries to physical wrecks. The second generation of the Lithuanians is noticeably inferior to the sturdy fathers. Bad booze and poor food have caused loss in virility so that in the Stock Yards and in other employment the sons are not able to bear the burdens of toil as their fathers bore them.

### Information for Unformed and Uninformed Minds

The Young People's Civic League believes that this great foreign population may be won for temperance if only the facts concerning the disasters of alcohol are fully taught. Heretofore, little attention has been paid to these strangers within our gates, and yet before further legislation against the saloon is wise or safe, and long after it has been finally secured, the education of these great masses of our population will be essential.

Reform literature usually gets into the hands of the reformed or the reformers. We are attempting to get the right information before the unformed and the uninformed. "Turn on the Light" is our slogan, and by trained speakers, special lectures, willing preachers, by charts,



models, tersely printed statements, we are creating some illumination. On the street and in the shop, through the church and through the club, the scientific facts are being presented.

### Helping Leaders

The Scientific Temperance Federation has loaned us Miss Edith M. Wills. Would that it might be a permanent loan. What a library of information she is! Her work in training our young folks has caused many to catch a glorious vision of a life invested in this great work against alcohol. Miss Wills has appeared before the women of clubs and the men of shops and everywhere her message is quickening the conscience of Chicago. Just now Miss Wills is formulating a plan by which we hope to make every church an active center of temperance, on fire with enthusiasm.

Rev. R. J. Patterson is with us again. His thrilling story of the wonderful "Catch my Pal" movement in Ireland has aroused thousands of sluggish people to take a new interest in the temperance fight. Already more than five thousand people have signed cards as workers, willing to do whatever they can under the direction of the League.

### Work Both Practical and Possible

How willingly folks are convinced when the facts are presented clearly. We had heard of a prosperous Bohemian addicted to the moderate use of alcohol all his days. He read a pamphlet setting forth results of recent investigations concerning the effects of alcohol. He was astounded at the information, and ordered all drink removed from his home. Since that time, he has been a most enthusiastic supporter of the temperance cause. It's the light that turns out the darkness.

During the early spring, our general secretary, Miss Balcomb, arranged a training class in scientific temperance using the charts and models of the Scientific Temperance Federation.

A group of earnest young people took the training to become experts for street meetings, our purpose being to get the information over where it belongs, in the area of the drinking classes. As an experiment we took a group of these trained young men to West Madison street where the down-and-outs congregate. In

this region, there is probably a larger group of homeless men than in any other place in the world. Human flotsam and jetsam of many races are found there. If we could interest these men in scientific temperance we could interest anyone. And there on the street corner with our charts upon an easel we held a crowd of more than two hundred men for one and a half hours listening with very evident interest to the demonstrations. If this kind of work could be multiplied in scores of localities in Chicago it would do immeasurable good in reducing poverty, crime and disease. Who can estimate the results that would come from the work of fifty trained men speaking on the streets in the foreign languages of Chicago? We only wait for the men and means to do it.

Chicago's conscience will be still further aroused by the coming of the Flying Squadron of America to our city for meetings in the First Regiment Armory on January 8, 9 and 10. This Hall will seat 5,000 and our League which has been asked to take the management of the meetings will endeavor to fill it to its capacity twice daily. The various denominational young peoples' societies will have the first day and they have arranged a contest to see which group will bring the largest numbers to the meetings. Yes our task is a huge one, but Chicago does not despair. We have determined that alcohol must go, and if the predictions of many saloonists and temperance enthusiasts are fulfilled, Chicago will be the first great city in the world to go dry. When Chicago's conscience tells her to say, "I will," her seven thousand saloons will go out of business.

## To New Readers

THIS issue of the SCIENTIFIC TEMPERANCE JOURNAL will reach many prominent educators and Christian and social workers who have not, perhaps, been aware of the fact that America, as well as European countries, has an authoritative scientific anti-alcohol journal. We believe you will instantly appreciate and welcome this magazine furnish fresh, up-to-date material in popular form suited to the constantly growing demand for facts and practical helps. After reading it carefully, send \$1.00 for a year's subscription, or, \$1.25 if you desire the "Handbook" in addition.

## Drink as an Enemy to Civic Welfare in Chicago

### What Cook County Grand Jury Found

**W**E find that a large percentage of the crime brought to our attention is caused directly by drinking malt or alcoholic liquors, and we call the attention of the public to the need for more stringent regulations of this traffic. We find that a large percentage of those charged with crime are from 17 to 25 years old, and that in nearly every case they drank malt or alcoholic liquors before or during the commission of the crimes for which they were indicted.

### Scores Licensed Saloons

We seriously question the wisdom of the state entering into a partnership with these interests for the sake of an apparent profit (through the license system), but which is really a dreadful economic loss, and through this partnership feeding drink to these boys with one hand while with the other hand it metes out punishment for wrongs in which the state is really a participant.—Reported by *Chicago Daily News*, Aug. 7, 1914.

### Council Health Committee Says Saloons Foster Social Evil

**T**HE Council Health Committee of the city of Chicago at a recent meeting decided to recommend to the city council that special bar permits be still further restricted. Hereafter, special bar permits will be issued only upon application filed ten days in advance, and will not entitle the recipients to sell intoxicants after 1 o'clock.

This action on the part of the Council Health Committee was taken because it was shown by representatives of the vice commission and of the Juvenile Protective Association, and of other societies seeking social betterment, that in various dance halls throughout the city liquor was sold practically all night long. These dance halls are frequented by young girls in short dresses and are regarded as recruiting places for the social evil.

Professor Graham Taylor in his address before the Council Committee read the riot act to the liquor interests.

"The liquor interests of this town," he said, "cannot afford to ally themselves with the social evil. I am no fanatic, but the

handwriting is on the wall and the time is come to read the riot act. It is not the extremists, the long-haired reformers, who are talking this way. The city of Chicago is at war against prostitution and any business that lines up with the social evil, signs its own death warrant."

The measure recommended by the Council of Health Committee is one of three proposed ordinances backed by all the forces seeking moral reform in the city. It is a significant fact that all three of these measures are opposed by the United Societies [representing the liquor interests].

Commenting on this fact the *Chicago News* says editorially:

"The United Societies has seen fit to attach a threat to its notification of aldermen that the organization objects to the proposed measures. The letter addressed to council members hints that aldermen who vote for these ordinances will be opposed if they seek to return to the council or try to secure other public positions.

"Aldermen of courage and a fair degree of self-respect will consider these ordinances wholly on their merits, ignoring the United Societies' bullying tactics. It may be readily believed that in coming forward to oppose the practical methods of fighting commercialized vice outlined in the three ordinances the alleged representatives of the United Societies are injuring that organization far more than they will injure any honest alderman who scorns their threats."—*Amer. Issue*, (Ill.), Nov. 27, 1914.

### City Saloons Versus Country Inebriate Asylums

**T**HE tendency nowadays is to regard the drunkard as a diseased man who needs medical treatment rather than moral suasion. In accordance with this theory, Illinois alienists are urging the building of an inebriate asylum.

Several states have already established such asylums, where the "alcoholic," as he is officially styled, is treated by experts and largely at the public expense. Massachusetts and Iowa have colonies out in the country away from the allurements of city saloons.



In dealing with the problem of inebriety, something more than medical attention alone is needed. The patient must be led into a different way of life, with new interests and higher ideals, and he must be fortified in this new life by helpful environment.

Dr. Charles F. Read, assistant superintendent of the Chicago State Hospital, speaking before the National Congress of Alienists at its last meeting, hinted at this last need when he spoke of "the disadvantages of a hospital located just across the street from three or four saloons and beer parks." The states which are making serious efforts to solve this problem are locating their inebriate asylums out in the country, but most of their patients when dis-

charged return to the city, and afterwards there comes the usual history of backsliding.

Such a plan of getting rid of inebriety is at best but a makeshift. Think of the expense of it. From a purely financial viewpoint, what a penny-wise and pound-foolish policy it is. *To license a saloon in the city in order to build an inebriate asylum in the country!*

Kansas has a better method. In that state there are few inebriates because there are no saloons and the conditions which make inebriates have thus been largely eliminated. Why not try the Kansas method in Illinois?—*Amer. Issue, (Ill.), Nov. 27, 1914.*

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## The Young People's Civic League

By MARY F. BALCOMB,  
General Secretary, Chicago, Ill.

### A Citizenship Clearing House

**T**HE Young People's Civic League is a Clearing House for the Citizenship Work of Chicago's young people. It is representative in character, every young people's society being entitled to from one to three delegates to the annual business meeting, at which all officers and members of the board (25 in number) are chosen.

### Its Place in the City's Life.

The Civic League is the only organization of its kind. It furnishes the sole means for concerted effort on the part of the young people of Chicago for clean, wholesome civic conditions.

The need for such an organization is evident. The corrupting influences of the city's life, such as the liquor traffic, gambling, unwholesome amusements, the social evil, the corruption of the ballot box by vice and capital—all these are city-wide in their influence and powerful. The Christian Young People's Societies are scattered over the entire city, each organization composed of few or many members; none is strong alone, but combined, and active, they become a power.

Just to show what can be done by **united effort**: At the time of the filing of the great local option petition in Chi-

cago, of the 75,000 names secured, 25,000 were turned in by the young people, one-third of the total number, during the **last three weeks of the campaign**—an exceptional piece of perfectly united and splendidly organized effort. It is needless to add that the petition would not have been filed had it not been for the work of the young people.

### Headquarters As a Center of Permanent Exhibits.

Every city of a hundred thousand and over should have such a central committee as the Civic League, and **should maintain headquarters**. The advantages are these: Headquarters furnish opportunity for the display of the best temperance posters, leaflets and periodicals. We have at our headquarters on display the entire exhibit of the Scientific Temperance Federation of Boston, the "Back With the Saloon" exhibit of Thomas D. West, used by him in connection with his paper read at the meeting of the Foundrymen's Association in Chicago, Sept. 7, 12 and 14; the posters of the Charities Federation in Boston, those of the Woman's Christian Temperance Union and the Prohibition Publicity Bureau, besides many of our own. There is an average of perhaps twenty-five people daily seeing these posters.

### Conference Possibilities

Secondly, headquarters give opportunity for conferences. Just a glimpse out of a **typical** hour of an ordinary day: a conference with a colored young man at the head of the young people's work for the African Methodist Episcopal churches of Chicago and vicinity, resulting in placing a portion of our exhibit at their headquarters; arrangements were made also for the taking up of the temperance work in a systematic way by our young people of the colored Methodist Episcopal churches. There was a conference with the president of the Norwegian-Danish Epworth League for the work among their young people, and a conference with a young man from one of our well-known social settlements for taking up the temperance work in this settlement. One little half-hour's work opened the way for the Civic League to put on display the best temperance exhibit they can develop at the great congress for the negroes of this country to be held in the Coliseum during the entire month of August, 1915.

I might tell how other conferences are preparing the way for reaching some of our great foreign population with this temperance work—the German, Swedish, Lithuanian, Italian—but space forbids.

A third advantage of permanent headquarters with extensive temperance display is that they furnish an excellent place for committee meetings of the various Young People's organizations, thus putting them in live touch with the work.

Finally, one of the best features of the offices of the Young People's Civic League is the splendid opportunity for display furnished by our three large windows facing the elevated station. We regret that limited financial resources have kept us from using these except in a very inadequate way. They should be speaking graphically to the twenty-five to forty thousands of persons who pass daily.

### The Debate Contests

The Debate Contest has been a strong feature of the work. In one debate series, twenty-four young men of English, Swedish, German, Bohemian nationalities, and from among the young people of the Baptist Young People's Union, Young People's Alliance, Luther League,

the Christian Endeavor Society and Epworth League, entered the contest. The question was: "Resolved, That in five years from the time a prohibitory law was enacted in Chicago, other things being equal, the rate of taxation would be lower than upon the enactment of the law."

The Contest was remarkably even. Of the ten debates held, five were decided for the affirmative and five for the negative, sixteen of the judges voting negatively and fourteen affirmatively. The City Championship was won by the affirmative. Medals were given each of the six winners and the names of the winning team engraved on a silver cup kept on display at headquarters. Interest in the citizenship question was aroused among the young men as never before.

### Enlisting the Sunday Schools

Another unique method of agitation was presented by the young people of one of our Baraca Sunday school classes. These young people are giving a Mock Trial—"A \$25,000 Damage Suit." It brings vividly before the audience our laws relative to the selling of intoxicating liquors to drunkards, the suffering thus brought upon the innocent families, and the subterfuges resorted to by the saloonkeepers and the owner of the property to evade the laws. It is proving especially effective. The picture, "The Real Issue" is still carrying its message to thousands of homes.

A Sunday School Program for use in the Sunday Schools on temperance Sunday has just been published by the League. The number of those taking part in the program may vary from 25 to 100, besides the singing of several patriotic hymns by the entire school. Special messages were received to use in this program from a half dozen governors and ex-governors of as many different states and from leaders of three other states. The program is being given with remarkable success.

### The Sane New Year's Eve Movement

Before the New Year's Eve Revelry of 1913, the Young People's Civic League, by protesting through the Young Peoples' Societies, Sunday Schools and Churches, secured in the daily press about 10,000,000 columns of public protest against irreverence for the Sabbath,



the suspension of the enforcement of law and the general disgraceful method of celebrating the advent of the New Year. Protestants, Catholics and Jewish people all joined in the protest, and last year we inaugurated the movement for a "Sane New Year's Eve Celebration." This was taken up by Young People's Societies and social betterment workers all over the city to such an extent that last New Year's Eve was admittedly the quietest one seen in Chicago within the memory of the present policemen.

### The Future

The work ahead of us for the coming year is given in detail in the article by Miss Edith M. Wills, "Convince the Citizen." (Page 71.)

A trained worker in every church would transform Chicago in ten years. It would do the same in any other city. We know the possibilities of the expert

temperance worker. Our trained young men and women have spoken on the streets, in factories, in Young People's Societies, Sunday Schools, churches and at mass meetings before English and foreign-speaking peoples—and they have proven efficient.

### It Is Worth While

Pushed to the ultimate conclusion such work will win our cities. And the nation can not be won for civic righteousness until the power of the liquor traffic is broken in our big cities. But this can be done in our cities only by moulding the impressionable minds of our young men and women; taking them, free and unprejudiced as they are, consecrated and enthusiastic for the Master's work, and directing them, an organized unit of irresistible power, against this greatest stronghold of vice, the organized liquor traffic.

## The Plan

### How to Reach Chicago Millions With the Vital Truths Concerning Alcohol

This comprehensive plan for driving home to the people of an entire city the truth about alcohol, developed by Miss Edith M. Wills, Field Secretary of the Scientific Temperance Federation, is given here in detail for the suggestions it may bring to organizations in other cities.

"CINCINNATI Defeats Prohibition in Ohio," was the explanation why Ohio is to have more saloons than before. Similarly, Chicago will either defeat prohibition in Illinois or will nullify it if by any means it could be passed. It is believed by the Ohio dry forces that if they could have put in the year of intensive educational work they had planned, the state would have gone overwhelmingly dry and, quite as important, it would stay dry because the personal abstinence and the execution of the law would rest on the same intelligent conviction of the real nature and effects of alcohol as the prohibitory vote itself. Education makes intelligent voters and insures law enforcement.

If Illinois is to be made dry, Chicago must be educated to the real nature and effects of alcohol. Practically all the two millions of people in Chicago can be reached, and thousands of voters convinced if each sociological and Christian unit does its part during the coming year.

The Young People's Civic League, the only city organization undertaking this fundamental educational work in a comprehensive, systematic way, co-operating

with the Scientific Temperance Federation of Boston, has already inaugurated the following definite, well-articulated plan for a year's intensive educational campaign:

### *What Each Unit May Do To Make Successful The 1915 Educational Plan*

#### The Pulpit

1. Naturally the pastor assumes leadership or direction in this as in all the important activities of his church.
2. Each pastor to preach at least two temperance sermons and to touch upon the topic at other appropriate times.

#### Young People's Organizations

1. Each society to procure a full set of the Scientific Temperance Posters and the Poster Handbook.
2. Each to provide an inexpensive frame in which a different poster is to be shown on outside of church each week during the year.
3. Posters also used: Several quarterly in connection with the regular temperance topics; one each month loaned to Sunday Schools for demonstration.

4. Have one or more members (including especially the chairman of Citizenship Department under whose direction the temperance work logically falls) take training so as to be able to demonstrate posters at meetings, on the street, etc.

#### **Sabbath Schools**

1. Each to demonstrate one poster, monthly, in accordance with the recommendation of Cook Co. Sunday School Association.

2. Give each child a leaflet showing miniature poster to take home.

3. Sabbath School appoints a temperance superintendent who arranges special interesting programs for the regular quarterly temperance lesson, and who should take special training in presentation of posters.

#### **Y. M. C. A.'s, Y. W. C. A.'s, Missions**

1. Exhibit posters and models; have special addresses or classes; have members trained to present scientific temperance facts, etc.

### ***General Propaganda—Sociological Units***

#### **Under Direct Supervision of Young People's Civic League**

1. Arouse and instruct people by: General lectures; meetings for special groups such as welfare workers, doctors, etc.; street meetings.

2. Y. P. C. L. provides trained demonstrators and lecturers through free training classes held every Tuesday evening (6:00-7:30 and 8:00-9:30 P. M., 301 Security Bldg.)

3. Work with foreign-born people in missions and through their own ministers, doctors, periodicals, etc.

4. Public Schools: Secure introduction of Scientific Temperance Posters and pamphlets for use of teachers; provide lectures on methods for teachers, and scientific temperance talks for pupils.

5. Reach wage-earners through: Shop meetings; posters displayed in shops; pamphlets for foremen and leaflets in pay-envelopes of men.

6. Exhibits in store windows, industrial plants, etc.

7. Articles in all available periodicals.

**Convince the citizen—redeem the city—save the state and nation.**

#### ***What They Think of the City Plan***

Your letter enclosing plan of campaign in behalf of total abstinence and prohibi-

tion to be followed in the great cities of the country, lies before me. In the press and hurry of our campaign it is impossible for me to give to the plans and literature accompanying them, the consideration and thought the subject deserves, but from the hurried inspection that I have been able to give it, both the detail and scope of the plan appeal to me tremendously. The fight for a saloonless nation, a sober people and a stainless flag must be carried into the great cities if victory is to be attained. The plan suggested, if effectively followed out and persistently followed up, would go far toward crystallizing public sentiment in support of the great nation-wide movement.

Sincerely and hopefully yours,

(Signed) J. FRANK HANLY.

Detroit, Nov. 24, 1914.

\*

I want to express my most hearty approval of the unique plan outlined by the Young People's Civic League and Scientific Temperance Federation for work among Chicago's millions.

This plan is the most vital that I have seen. The big point in it is, that it is aimed to reach the non-temperance and non-church people. It is not merely one to re-educate and work over existing temperance sentiment.

It is now time to bring in the reserves—to present the facts which appeal to the average man—to the voter who seldom thinks of temperance. If we are to make advance in Chicago, or any big city, we must have one, two, or three years of educational work among the classes who are sympathetic to use of liquor before bringing a test at the ballot box. The campaign to use Scientific Temperance Posters, to train young men and women as demonstrators of these posters, to arrange an extended series of street meetings, and to encourage use of posters, leaflets, etc., in industrial plants, is to my mind the most important work which can be done in Chicago right now.

Very sincerely yours,

(Signed) Harry S. Warner.

Chicago, Ill., Nov. 29, 1914.

\*

THE National Temperance Council at its meeting in Washington, D. C., December 11, recommended the general city plan of the Federation and the Y. P. C. League, especially its emphasis upon the importance of the trained worker.



# Convince the Citizen---Redeem the City---Save the State

By EDITH M. WILLS, Boston, Mass.,

Field Secretary of the Scientific Temperance Federation

**C**INCINNATI Defeats Prohibition" in Ohio, was the newspaper explanation why that great state is to have more saloons than before. Of course Cleveland helped, but if an election to rid Illinois of the saloons were to be called quite soon, the election reports would read, "Chicago Defeats Prohibition," and if by any remarkable chance the country vote could overcome the city vote, which is very improbable, then the report would be "Chicago Nullifies Prohibition."

In other words, the city controls the state. If Chicago can be won, Illinois is won, and the day that Illinois votes for prohibition by a fair majority, that day prohibition for the nation is assured.

## The City Problem

Never was so great a problem or so splendid an opportunity put before the patriots of a great city.

In Chicago alone, are seven thousand saloons working sixteen hours a day at least six days and, many, seven days in a week, and, to add to the problem, hundreds of gambling and other vice resorts connected with them.

Two millions of people, more than half of whom are of foreign parentage, most of them, with old-world prejudices in favor of alcoholic beverages!

The scientists of their own countries have proved that their drinks are harmful, and their statesmen and rulers have pointed out the dangers to the state and are restricting the beverage use of liquors, but our new fellow-citizens have not yet become impressed with these facts and are, therefore, easily convinced by the traffic's "personal liberty" arguments.

## The Host of the Uninformed

Experience in the Ohio campaign and elsewhere has also clearly shown that even among native-born Christian people, many are so uninformed, largely through lack of opportunity, as to the real nature and effects of alcoholic beverages, the economic waste of the traffic and the certain impairment of individual and of civic virtue and ideals, that they, even, are deceived by the specious arguments against prohibiting the beverage alcohol traffic and are only luke-

warm opposers of the saloon, may, possibly, even vote against prohibition,—in a word, Chicago has two millions of people most of whom must be taught the truth about alcohol, or at the first dry election Chicago will defeat prohibition.

How this can be done was the problem. Any scheme which contemplates reaching them, as in the past, without practical material or concerted action, by means of a sermon, a lecture, or a Sunday school lesson here and there, would require at least an entire generation.

## The City's Educational Resources

Gradually it became apparent to the writer that if Chicago has two millions to be taught intelligent total abstinence, it has, also, more than a thousand churches, to say nothing of schools, industrial plants, the press, and other efficient sociological units, most of which are more or less willing, and many of which are already busy, so that there are several thousand separate agencies among which this educational work may be divided. Give these practical material like the Scientific Temperance Posters, and similar material now available and set them to work according to a well-articulated, comprehensive plan which divides the labor and assigns to each unit a reasonable, definite part of the work and the splendid task may be accomplished, the thousands now perishing for lack of knowledge may be saved.

Accordingly, she drafted a scheme embodying and unifying a number of separate features, practically all of which are already in successful operation in Chicago and elsewhere, and submitted it to the officers of the Young People's Civic League and various other individuals and groups of experienced workers, who approved the scheme as a simple, adaptable plan which could be worked in sections, or in its entirety without too heavily taxing either the resources or the time of those connected with the various units. It has been adopted as a definite plan of campaign for Chicago, 1915-16, and the preliminary work is already under way. The plan outline appears on page 69.

As it seems equally useful for any other large city or section, the writer was asked to explain its details for JOURNAL readers.

### Beginnings

Last year when the Scientific Temperance Federation brought the Anti-Alcohol Exhibit, which had already won a diploma of merit at the Washington International Hygiene Congress, to the "World in Chicago," the General Secretary of the Young People's Civic League recognized the opportunity and furnished about fifteen of her choicest workers to serve with the writer as demonstrator of the scientific temperance facts. No corps of young people ever worked more loyally or splendidly, and thousands were reached. At the close of the "World," she organized them for further study and training, and they have since been in demand as lecturers along this line, using the Federation models, charts and literature.

### Sunday Schools Falling Into Line

Some months ago, the temperance committee of the Cook County Sunday School Association saw this material in the League rooms, and was so impressed with the value of the posters that a resolution was passed recommending that every Sunday school in Chicago should use a poster each month (preferably the first) and that the poster should be explained before the school by someone who had taken training.

### Training Workers

In order to furnish trained demonstrators, free study classes were opened at the Young People's Civic League headquarters and are held every Tuesday evening. The attendance and interest have been gratifying and are increasing and it is expected that before very long each church will have at least one trained worker.

A number of successful shop-meetings have been held. Already there are several persons speaking foreign languages ready to present these truths to their people, and practically every door of opportunity represented in the plan is open or at least ajar.

### Distribution of the Plan

In order to bring the whole plan quickly before the churches early, which is necessary since their co-operation is essential, we are presenting the plan before ministers' meetings, Sunday school conventions, mission training students, deaconess' training schools, etc.; copies of the plan with samples of miniatures of the literature will be given or sent to every pastor and to others specially interested; descriptive and

news articles are to be published in various church periodicals; and in many other ways those representing the several classes of Christian or sociological units, will be urged to give full co-operation to the plan.

Practically all the two millions of people in Chicago may be reached and thousands of voters convinced if each sociological and Christian unit now does its part.

### *What Each Unit May Do.*

#### The Church

Naturally the pastor assumes the leadership or direction in this as in all other important activities of his church, and he may very well appoint some specially interested member as a sort of Civic Secretary to see that each section of the church forces does its part and he may even devise new methods of reaching the people where they are.

The pastor should preach at least two temperance sermons during the year. The Ohio pastors, one of whom preached seven consecutive temperance sermons, found that these sermons on a vital subject brought increasingly large attendance.

#### Young People's Organizations

Each church needs a full set of the Scientific Temperance Posters and the Poster Handbook; if it should be thought wise to have the Young People's Society procure these, a nickel or even a penny collection would provide the means without anyone's feeling it.

Then some ingenious member is to make a simple frame in which a different poster is to be shown on the outside of the church each week of the year. Our friend, the enemy, well knows the value of billboard advertising as the boards themselves testify. We have no funds to compete with them there, but we can "back-fire" from the churches. Many churches in Washington, D. C., Boston and elsewhere are already doing this with the posters.

The posters should also be used quarterly in connection with the regular temperance topics, the meetings being arranged logically, for the year, and include some economic and local material.

The society also loans one poster each month to the Sunday School for the recommended demonstration. The Handbook, explaining the posters, should be available for the Sunday School teachers. In each society at least one member, including especially the chairman of the citizenship committee, under whose direction the tem-



perance work properly falls, should take training so as to be able to demonstrate the posters at meetings, on the street, in shops, etc.

There should also be a study class organized in each church to study scientific temperance as other classes study missions. Education means inspiration.

### Sabbath Schools

Each school demonstrates one poster monthly in accordance with the recommendation of the Cook County Sunday School Association; and the school provides miniature posters or leaflets like the one demonstrated for each child to take home, and thus the information gets back to many parents who cannot otherwise be reached. In Illinois both of them vote! The expense of these leaflets is very small even for large Sunday Schools, and often some generous individual in the church will be willing to furnish them.

Certainly every progressive Sunday School will appoint a temperance superintendent or secretary who arranges special interesting programs for the regular quarterly temperance lesson, sees that the teachers have helps along these lines so that that lesson may interest instead of bore the pupils. This worker should of course take training that he or she may properly demonstrate the charts.

### Y. M. C. A.'s, Y. W. C. A.'s, Missions

These agencies are both Christian and sociological units, and they will be glad to extend the wide influence they have by securing and exhibiting posters and models, by having special addresses and classes, and by having their members train as lecturers, as has already been done in Chicago.

### General Propaganda—Sociological Units

This, in Chicago, is under the direct supervision of the Young People's Civic League, but any one of half a dozen different temperance or church organizations might equally well carry out this part of the scheme.

The consciences of the people must be instructed, and aroused until even the indifferent will be glad to help. This may be done by general lectures and by meetings for special groups such as welfare workers, industrialists, doctors; and by street, shop and other meetings.

Work with the *foreign-born* is essential to success, and our new fellow-citizens, anxious as they are to learn from Americans, receive this gospel gladly when it is tactfully presented. They may be reached through their own ministers, doctors and periodicals and through their employers.

Hundreds of thousands of *wage-earners* who have not hitherto been reached may be influenced through their employers. In Ohio quite largely, and to a smaller extent in Illinois, this work is now being done with good results. Posters and literature are procured for distribution by the employers who see in this plan a chance to cut down their accident damage expenses, to reduce losses of time and wages due to sickness, to increase the efficiency of their men, and to make them willing to abstain as the rules of many firms require.

The posters are put up in suitable places in the plants, the foremen should be provided with pamphlets, and the men with attractive leaflets showing the posters and giving simple facts in connection with the topic. The leaflets may be given the men or, better, placed in the pay-envelopes each month. No part of the entire plan promises better results than this.

*Exhibits* in store windows, in industrial plants, in child welfare, tuberculosis and other expositions, in missions and for week-ends in churches with stereopticon lectures help to emphasize the subject.

The *secular press*, although in many cases considerably under the influence of the traffic, is capable of great things, and many articles, if made newsy and attractive, can be gotten into the papers.

Temperance people should courteously but persistently write to editors of papers carrying liquor advertisements, and if their voice is not heeded, they should give their support to the papers which are clean and which are, therefore, ready to fight on our side.

### NUMERICAL STATUS OF ABSTAINERS

ACCORDING to computations reported in the Press Circular of the German National Society for combating alcoholism, England has 8,000,000 organized total abstainers, or one to every 5.7 inhabitants. Norway has one abstainer to every eight of the total population, Sweden one to every eleven, Denmark one to every fifteen, Switzerland one to every thirty-five, and Germany one to every two hundred.

## The First Young People's Societies to Adopt a City-Wide Temperance Educational Campaign

### Chicago Christian Endeavorers..

**T**HE Christian Endeavor Union of Chicago, one of the largest and best organized in the country, numbers about 120 societies and nearly ten thousand members. Under the leadership of the president, A. G. Fegert, and Mr. Baumgart of the Civic Committee, the members of the Union voted unanimously (Dec. 1) to adopt and push the 1915 scientific temperance education plan for Chicago.

### All-Chicago Epworth League

The All-Chicago Epworth League Committee includes about 150 local chapters and 8,000 members under the leadership of Albert J. Ollendorf, Pres., and John L. Horsley, chairman of the Civics Committee. The Civic representatives of the three District Cabinets have passed a resolution recommending the city-wide plan which will no doubt be adopted when their full meeting is held, as the League already has a number of well-trained demonstrators, and effective work has been done for some months.

### Baptist Young People's Union

The Baptist young people can be depended upon to do their part, as the following shows:

"The Baptist Young People's Union of Chicago, in co-operation with the Young People's Civic League in the cause of temperance education, hereby offers its endorsement and pledges of support against the forces destroying civic righteousness in this community.

"By virtue of authority vested in its Executive Board, this action is taken in behalf of sixty local Baptist unions with a membership of 3,100.

(Signed) John Rushven, Chm.

F. D. Bunnell, Pres.

### Cook County Sunday Schools at Work.

The following report made by the Temperance Committee, Walter J. Miller, chairman, to the Executive Committee of the Cook County Sunday School Association, was unanimously adopted by the committee in August:

That one of the two following methods for presenting the temperance work in the Sunday school be adopted according

to the size of the school and the number and size of the adult classes:

1. That five minutes be set apart on the first Sunday of each month for a scientific temperance talk from charts selected by the General Temperance Committee, the talk to be delivered by a competent speaker who has been trained to present the subject matter contained in the charts.

2. For schools with large classes, it is recommended that five minutes of the class hour on the first Sunday of each month be devoted to a scientific temperance talk from charts selected by the General Temperance Committee to each class by competent speakers who have been trained to present the subject matter contained in the charts. Where possible, we recommend that the speakers be taken from members of the adult class in each school. [Miss Balcomb, of the Young People's Civic League, presents the chosen chart before the Cook County Assn. workers at the regular Friday meeting preceding the first Sunday of each month.]

## Preventable Causes of Mental Unfitness

**T**HE RACE poisons, alcohol and syphilis, are the two great preventable causes of inborn and congenital feeble-mindedness in children, and of loss of mind in adults. A devitalizing cause is alcoholic poisoning of the parents, the influence of which upon the offspring it is always difficult to estimate, as the data employed for statistics are not always comparable or reliable. Many cases of chronic alcoholism in the parents are complicated by syphilis, which, being due to a living organism growing and multiplying in the body of a developing embryo, is really the cause of miscarriages, premature births, and deaths in infancy. Alcohol and syphilis work together in their destructive effects. The former is a poison which depends upon the quantity taken; the latter is due to a specific infective organism in the body. Chronic alcoholism, by lowering the vital resistance of the blood and tissues, favors enormously the growth of this organism, as it does of other organisms which cause disease. Moreover, alcoholism is one of the most potent agents in the spread of venereal disease. It is safe to assume, however, that (apart from syphilitic infection)



chronic alcoholism causing a poisoned condition of the mother's blood will seriously affect the nutrition and growth of the embryo, though not to a degree that many total abstainers believe; for sufficient allowance in the high rate of the infantile mortality of non-syphilitic alcoholic mothers, is not made for the fact that a drunken mother is careless about the feeding of her offspring, and we know that gastro-intestinal complaints from improper feeding are by far the most fruitful cause of infant mortality. But it is improbable that the germ cells are uninfluenced by a continuous saturation of the blood by poisons; and in connection therewith it must be remembered that it is not only the alcohol which produces the poisonous effects, but that, by the continuous action of the alcohol on the stomach, intestines and liver, which causes their vital functions to become permanently deranged, microbial and other poisons engendered within the body of the mother are able to be absorbed with the blood from the intestines; and such poisons, not being destroyed or rendered inert as the blood passes through the portal circulation of the liver, they enter the blood-stream of the general systemic circulation. The germ cells are marvelously protected against the effects of poisons, but there is no physiological reason why the germ cells should not suffer eventually in their specific energy if they are supplied for a long period of time with a vitiated blood-supply, especially when this is continued in successive generations.—Dr. F. W. Mott in "Nature and Nurture in Mental Development."

### A Physician's View of the Moderate Drinker's Responsibility

BY DR. H. W. MITCHELL, SUPERINTENDENT STATE ASYLUM, WARREN, PA.

THE use of alcohol in moderate amounts would be considered by many a matter to be treated independently of any study of alcoholism. It would surprise doubtless, many temperate people to learn that their social customs could be considered a cause of alcoholic degradation in others. It is quite admissible that a man with a good psychoneurotic integrity, schooled in habits of self-control and conservative action, may, for the sake of conforming with the social customs or from desire for the sense of well-being that alcohol

brings, drink for a life time, only in moderation, and that in health and efficiency he may not be affected to an appreciable degree. It is difficult to convince one who uses alcohol with so little damage to himself of the remote but actual connection between his example and the burden of wasted lives of inherited weakness borne by individuals, families and the public as the result of alcoholism.

#### Influence of Social Custom

His example helps to establish social custom, however, and social custom in all grades of society is largely responsible for the formation of the drinking habit by those fated to become its victims. Of any given number who in early life begin the use of alcohol, an unknown but not inconsiderable percentage will surely suffer from the effects of alcoholism. It cannot be emphasized too strongly that social custom, the moderate temperate use of alcohol, is the parent of inebriety and its attendant evils. . . . The influence of example especially in the early life when drinking habits are most apt to be formed cannot be overestimated.

#### Protection of Truth

Home training by precept and example, combined with education of the young concerning the reduction that alcohol causes in physical and mental efficiency are the only measures that can be expected to protect them from the influence of the custom. Alcoholism is very generally a condition that has its inception in early life. Prevention of the habit formation in that period should be the aim of all who are endeavoring to combat the results of alcoholism. Treatment of the later effects is pitifully inadequate to prevent the ruin that follows alcoholic indulgence. Suggestive figures concerning the influence of custom or environment in early life are given by Lambert from a study of alcoholic cases at Bellevue Hospital. He found that in two hundred and fifty-nine cases of alcoholism, 68 per cent. formed the drinking habit before twenty-one years of age, and that in almost all cases there was a history of intemperance in other members of the family. The influence of example, and the desire to imitate associates, is by far the most common reason assigned by patients able to analyze their motives, for their condition. — From "Modern Treatment of Nervous and Mental Diseases."

# Scientific Temperance Journal

Founded by Mary H. Hunt.

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## National Temperance Council

### Plans for Forward Co-operative Temperance Educational Work

THE COUNCIL of One Hundred organized for united temperance educational work at Columbus, Ohio, November 14, 1913, held its first annual meeting at Hotel Raleigh, Washington, D. C., Dec. 11 and 12, 1914.

The more distinctive name of National Temperance Council was adopted, also a declaration of its object "not to compete with existing organizations but to serve as a clearing house for the exchange and promulgation of educational facts and plans and for the devising and recommending of such plans as can be carried out by the various organizations each in its own way to a common end."

Reports and plans of work were received from the Executive Committee, which has a large number of sub-committees in process of organization for various phases of educational temperance work.

It was voted to secure a General Secretary to give entire time to forwarding the work of the Council.

Other plans in the hands of Committees are the establishment of a Permanent Temperance Exhibit at Washington to serve as a center of information on the alcohol question, the calling of a great temperance council of all organizations to be held at San Francisco during the Panama Exposition with arrangements for a great temperance demonstration at the same time and place.

Special emphasis is to be laid upon

educational work in the great cities, particularly among new-comers speaking foreign languages, as it has become evident that the city vote and the immigrant vote and consumption of liquor are seriously delaying temperance progress in the United States.

It is recommended that all temperance organizations of allied interests co-operate in making effective the advisory and co-ordinating services of the National Temperance Council, that all organizations take steps to encourage that part of the public press which is friendly to the temperance movement, and to seek to secure as far as practicable co-operation from that part of the press not now in sympathy with the cause. Special attention is directed toward utilizing the advantages of moving picture exhibitions, toward securing co-operation from the medical profession, churches, Sunday schools, colleges, high schools and teachers.

Officers elected were, Pres. Daniel A. Poling, Boston, Mass.; Vice Presidents, Dr. P. A. Baker, Mr. Virgil Hinshaw, Miss Anna A. Gordan, Dr. D. Leigh Colvin, Hon. George Cotterill; Secretary, Ernest H. Cherrington, Westerville, O.; Treasurer, Joshua Levering, Baltimore; and a large Executive Committee, of which E. H. Cherrington is chairman, and Miss Cora F. Stoddard, Boston, secretary.

\*

### Reach the People Where They Are

FEW words are needed to emphasize the importance of the Chicago's city campaign outlined in another section of the JOURNAL and the reasons for it. For the most part, the arguments concerning Chicago apply equally well to New York, Boston, Philadelphia, or to any of our large cities, and, in general, to smaller cities and towns as well.

Four words, read in a book in the hands of a Russian peasant, "Vodka is a poison," were the starting point of the efforts which have resulted in at least temporary abolition of vodka from Russia, we are told by the author of the movement, Michael Tchelischeff. The Russian army orders concerning drink make definite provision that instruction about the dangers in alcohol shall be given by the surgeons to officers and privates. Thus even autocratic Rus-



sia feels the need of education in this matter.

Here in America, the ignorance of otherwise well-informed people as to the far-reaching dangers in drink is still appalling, and it is perilous because it stays their voice and hand where their help is sorely needed in a question of burning public welfare. Ask almost any group of college graduates twenty years or more of age how much they really know of the facts of alcohol in its relation to personal and general welfare, and the truth of this statement will be apparent.

When we come to the millions of those who but yesterday or the day before were new to our land, the situation reveals itself as still more appalling and perilous. On the whole, they lack even the back-ground or atmosphere of abstemiousness which a century of anti-alcohol effort has given native-born Americans and which manifests itself among the latter in an alcoholic rate relatively low as compared to other nationalities among us.

This double situation, ignorance among otherwise well-informed people, who personally are abstemious in habits, ignorance

among the millions whose customs and traditions regarding drink are as yet untouched by information concerning it, and who already are gaining the preponderating voice in state and national affairs, makes supremely important this undertaking in Chicago to reach with the truth *all* the people in this centre of influence upon the state.

Let us not be misunderstood in our meaning, as we have been before, in emphasizing education in the facts about alcohol as a means of dealing with the alcohol problem. *Education is the first step.* It must and will lead to action, but there will never be action until people understand just why they need to act. If prohibition shall prove to be the ultimate solution of the alcohol problem, well and good, but *effective prohibition must be preceded by, built up, and buttressed by education in all the facts involved.*

Three years ago, the JOURNAL started the slogan, "Reach the People Where They Are." The Chicago plan is a logical and practical scheme for doing this, and ought to command steadfast, loyal support not only in Chicago, but in all our great civic centres.—CORA FRANCES STODDARD.

### *Making the Weak Weaker*

A RECENT statistical study by Frederick Hoffman shows the truly appalling prevalence of homicide in the United States. A part of it is undoubtedly due to lack of restrictions concerning the carrying of firearms and other offensive weapons. The influx of hosts of newcomers of an excitable type from Southern Europe, permitted to carry weapons, or at least not restrained from doing so, adds to the problem. The use of alcohol practically universal among them still further complicates it, as investigations have shown that among these races alcohol quickly manifests itself in excitability often leading to violence.

Dr. Rock Sleyster reports in the *Illinois Medical Journal* (April, 1914) some data gathered in a study of 269 murderers which he regards as fairly accurate and the figures not exaggerated. As to personal habits, only 12.6 per cent. of these murderers were abstainers, 46 per cent. were classed as "moderate" drinkers, 41 per cent. were immoderate drinkers. More than one-fourth

of them (27.9 per cent.) had been arrested for drunkenness. "The 49.3 per cent. nearly one-half) who were under the influence of alcohol at the time the crime was committed shows the role alcohol plays in crimes of violence and is a temperance lesson in itself." Nearly one in every three of these persons (31.2 per cent.) had intemperate fathers.

This paternal alcoholism may indicate part of the extent to which drink is an indirect cause of crime in the frequent lack of proper discipline to self-control in the home where intemperance reigns. It certainly indicates the influence of a drinking example and environment. It may suggest a strain of weakness in the family line which drink accentuated. Dr. Paul E. Bowers, discussing the characters of a hundred "repeaters" in crime (*Ill. Med. Jour.*, Oct., 1914) outlines alcohol's part in these cases as a contributing factor to crime in that it served to intensify a defect already existing; weakened, already enfeebled will power, helped fire misguided will and er-

ratic emotions; distorted judgment already inefficient and irrational; in short, it increased all the possible and latent elements for criminality.

From a practical point of view, therefore, it does not appear to make much difference whether we regard alcohol as a direct or indirect cause of crime, if the result is the same in precipitating violence. The sound young man who loses his judgment and self-control under the influence of drink, the nervously or mentally weak young man who has his capacity for unlawful action increased by drink both have a right to protection from its temptations. The claim that crime is largely an expression of some defect and that alcohol merely accentuates that defect, so far from weakening the case against alcohol in crime, materially strengthens it. The problem of the naturally defective, what to do with them, is already great enough without deliberately making them worse. If alcohol strikes the weak at their weakest point, it would appear the merest common sense to remove that source of deterioration.

\* \* \*

### ***Keep Out of the Wilderness***

**A**MID the conflict of arms, the jargon of opinion in these days of terrible strife, the nations show signs of agreeing on at least one thing, the necessity of abolishing the sinister deteriorating effects of alcohol.

In this very day of war, however, there is danger for the anti-alcohol movement in America which should warn us to guard what we have already won. No efforts can be relaxed, despite the demands which war makes upon our sympathies and purses. Once before, America seemed within sight of the Promised Land of freedom from drink. The consumption of liquor had fallen to a low point. Seven states had prohibitory laws in force. The traffic was under rigid restrictions in many other states. Abstinence had become a common, favored practice.

And then what happened? Our own Civil War. The moral sympathies of the nation necessarily went into the issues of the great conflict. Material reserves were sapped to their sources to meet the demands of the awful immediate present. "The prohibitory laws fell into disuse and non-enforcement. It was felt that in the severe struggle the nation was enduring

the people must not be divided by minor issues and aggravated and alienated from the support of the government." (Dorchester.) Further, and here is the most important point, the work of systematic education of the people against the use and sale of alcoholic liquors was largely neglected.

The war ended. "After this interval of neglect when attempts were made to recover lost ground by lectures and addresses, the public ear was not so readily reached." (Dorchester.) There was a certain laxity in the use of alcohol which the war itself had brought. A new generation had come upon the scene which "knew not" what their fathers and grandfathers had seen personally of the perils of drink. Seeing the non-enforcement of laws pertaining to drink, they concluded the laws were at fault. Immigration brought the drinking customs and demands of hundreds of thousands of Europeans who had not been touched by any temperance movement. The liquor interests had become thoroughly entrenched and organized under war measures and the neglect of temperance work.

Before this combination of circumstances most of the old prohibitory laws went down. Like the children of Israel, we have been forty years—or more—in coming back.

This must not happen again. We are further along in many ways than we were sixty years ago. The movement against alcohol rests on stronger foundations, but the memory of that lesson brings warning now in these days when the exigencies of the world war are upon us. Give we must to the needy and suffering of other nations, but in doing this, it is suicidal for America to withhold one dollar that has formerly been given to fight alcohol, one hour of work or of sympathetic interest in pushing forward at this moment every possible line of temperance activity in the United States.

\* \* \*

### ***"Be a Man and Drink"***

**I**NEBRIETY is primarily due to the individual's having drifted into slipshod ways of meeting the exigencies of life. The alcoholic's appeal to drink is without doubt a primitive form of reaction closely allied to that of a sensitive child who constantly runs to its mother to be comforted and reassured. The al-



coholic longs to be patted on the back and be told that he is really a fine fellow, badly treated by the unappreciative world. Rather than meet the demands of life squarely he slips to one side and comes up smiling with the aid of alcohol. It is not difficult to think of the inebriate as childish, but this is generally looked on as the result rather than the cause. . . The trouble lies not in the call of the body but in the cry of the psyche for the effects of alcohol. The inebriate nurses this foster mother who speaks kind words

and causes him to forget the world. He is a big baby and nothing more, provided his liver and kidneys are in working order. . . . .

The practical, logical manner of dealing with this kind of a man is to commit him by law to a special colony where he may be weaned from his foster mother, taught the habits of industry, and built over into an efficient mechanism.—Chas. F. Read, M. D., Asst. Supt., Chicago State Hospital, *Ill. Med. Jour.*, Oct. 1914.

## Some of the Mental Aspects of Alcoholism

By SIR THOMAS CLOUSTON, M. D.

The following paragraphs carry especial weight from the fact that, judging from the entire article, the writer is apparently not opposing the use of alcohol, but stating facts as he finds them.

**W**HEN we analyze the psychological effects of alcohol we find that the first effect on the average human being, to which, however, there are many individual exceptions, is to accentuate the feeling of organic satisfaction. It produces happiness of a certain lower and bodily kind, analogous to that of a full meal. . . . Looking to the pure emotions and higher pleasures of love, idealism, filial and parental affection, it undoubtedly tends to put those on a lower plane, diminishing their ideals.

### No Real Aid to Intellectual Power

Looking to the reasoning power—I am still speaking of the effects of a moderate amount of alcohol circulating in the brain—it cannot be said in any way to increase man's power of coming to right conclusions from facts, or to strengthen any form of reassurance whatever. It does to begin with, seem to increase the power of endurance of irritations and hardships, and to diminish the sense of intellectual fatigue; but I believe that this is transitory and does not last long enough to pay for its being employed for such purposes.

### Memory Impaired

The faculty of memory cannot be said to be in any way stimulated by alcohol; on the contrary, it tends always to be obscured and made less accurate. Without attention there would be little memory, and therefore insufficient basis on which to form sound reasoning judgments. I think it may be stated without hesitation that the action

of alcohol on the power of attention is to make it less keen.

### Will and Self-Control Weakened

Rising to the supremest mental faculty of all—that of the will—it can be said that the self, the conscious power of choice, the power to do this or not to do it, the power of inhibition, is certainly not rationally strengthened, and may as certainly be greatly weakened by the presence of alcohol in the brain through which the will power is exercised. At least this is so under the ordinary circumstances of life. When a great choice has to be made by a man, when a great temptation has to be resisted, when the wills of other men have to be dominated by great volitional and mental efforts, who would advise any man to take alcohol to help him exercise this supreme power?

Taking the faculty of speech, in nine cases out of ten it is stimulated by alcohol. Men are rasher and less cautious under its influence. Forty per cent. of suicides in England are due to alcohol. Alcohol has, in many persons, the fatal power and tendency to arouse an ordinary desire into a diseased craving, resulting, when uncontrollable, in "dipsomania."

### A Nation's Experience With Alcoholism

A very important contribution to the clinical aspects of alcohol is found in Norway. Here at one time, about the middle of the last century, the manufacture and sale of strong alcoholic drinks was abso-

(Continued on Page 81)

## World-Wide Notes

### GREAT-GRANDFATHER'S EXAMPLE INVOKED

THE Crown Prince of Germany, according to newspaper reports, has made himself very popular with his men by looking carefully after their creature comforts. This policy no doubt had something to do with an order which he telegraphed to Berlin on September 19th asking that large quantities of rum and arrak be quickly collected and sent to his army. The call met with prompt response from the liquor dealers, who notified all of their branch organizations throughout the country, and the liquor contributions began at once to flow towards the Prince's headquarters.

The contrast between this order of the Crown Prince in 1914 and that of his grandfather William I in 1862, substituting coffee for spirits in the ration, is the subject of a pointed comment in the German temperance paper, *Die Abstinenz*, (Nov., 1914): "1862-1914, from great-grandfather to great-grandson! In this half-century medical investigation of the poisonous action of alcohol and military experience with its injuriousness in the field, have made enormous advances, as shown by the statement of Field Marshal Count Haeseler and General von Deimling."

The telegraphic order of the Crown Prince shows a striking difference of opinion on the subject of alcoholic liquors between him and his royal father, whose Murwick speech still rings in the ears of the world, and is credited with having contributed largely to the wonderful success of the German mobilization.

With unquestionable loyalty, *Die Abstinenz* observes: "While it is not easy to utter complaints against a man of such high responsibility and great bravery, still for the sake of protecting that responsibility and bravery from ill-fortune, it is necessary to raise the voice of warning. In the house of Hohenzollern, respect for its ancestors is a leading virtue. May the great-grandson follow the path which his unforgettable great-grandfather pursued when he banished spirits from the rations of the army."

### ALCOHOLISM AMONG THE JEWS

THE low rates of alcoholism, alcoholic disease and alcoholic mortality among the Jews have led to the supposition that they are comparatively immune to alcohol. No really adequate investigation of the subject has been made. The Massachusetts General Hospital study reported in 1911 showed that while the Jewish patients showed a percentage of alcoholism relatively low as compared with that of other races except the native-born American, nevertheless, *21 per cent., more than one-in five, of the Jewish patients used alcohol immoderately.* These rates were believed to represent also the proportion of alcoholism that would be found among healthy persons. Persons were classed as immoderate drinkers who admitted that they frequently got drunk, or drank liquor before eating, or who took daily more than three whiskies, or more than half a pint of whiskey or more than three bottles of beer, or six glasses of beer, or more than two drinks of gin.

Native-born Americans have never been considered so immune to the effects of alcohol that it was unnecessary for them to take any steps to protect themselves or their children against drink, which is an argument commonly met among the Jews, yet the latter had in this hospital study only a slightly smaller percentage of immoderate drinkers (21 per cent.) than the native-born American (23 per cent.).

How alcohol really affects a race could best be ascertained by studies within the race itself, and this has not yet been done. A suggestive hint of what investigation might reveal comes, however, from Dr. L. Scheinisse, of Paris, who has been looking into this matter and has found an interesting record furnished by the Rothschild hospital in Paris, which receives Jews almost entirely.

The chief physician of this hospital, Dr. Zadoc Kahn, divided the Jewish inmates into two classes, those who had recently come to Paris, chiefly from Russia, and those who had lived there for five years, or longer.

In the first class were no alcoholics, but in the second class the "alcohol contagion"



was beginning to show itself. Yielding to the influences of their environment they fell into the heavier drinking customs of the Parisians, and as a result, representatives of this class appeared at the hospital for treatment for alcoholism, or for some disease in which alcoholism is a more or less responsible associate.

Dr. Scheinisse's explanation of the more favorable showing of the Jews as a race, in regard to alcoholism, is that when they live by themselves in isolated communities they are under very rigorous moral and hygienic customs, but when they mingle with a Gentile population and cease to form a caste by themselves, they no longer keep up their strictly temperate practices.

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#### ENGLAND, TOO, SEES PROSPECTS OF WAR ON DRINK HABIT

IT appears to have been a good piece of forethought on the part of English social seers to secure from Parliament permission for earlier closing of the public houses. A writer in the *Christian World* points out that in times of national worry and anxiety the consumption of drink among the most easily excited sections of the population goes up. Even before the act was passed, the commanding officers of certain districts had found it necessary to place restrictions upon some of the neighboring public houses because of the mistaken kindness of the neighborhood in plying the soldiers with intoxicating drink. And now, reports and statistics from a long list of localities enumerated in the *British Temperance Advocate* (Oct., 1914) furnish verification of the reasons urged. There is marked increase in court cases of drunkenness, disorder, assaults due to drink, rioting by drunken mobs, suicides and fatal accidents and danger to life from drink-crazed men on the streets.

"At York," runs a sample paragraph, "tradesmen's families are starved because the money goes in drink; the railway company is swindled because the money has gone in drink; the state is defrauded and mothers made drunken by the money paid out on enlistment going to the dealers in liquor for the purchase of drunkenness and demoralization."

The street loafer, "a physical coward," slouching along with his hands in his pockets, in search of the wherewithal to buy cigarettes or a glass of ale, is Lon-

don's greatest menace at the present time. "It is against the latter far more than against the invasion of a German foe that London has to guard," says the report. These are the contributions of the liquor trade.

English statesmen need to consider well the prophesy of Emperor William's Murwick speech, "In the next war victory will lie with that nation that uses the least alcohol."

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(Continued from Page 79)

### Some of the Mental Aspects of Alcoholism

lutely uncontrolled and in consequence alcoholism in exceedingly bad form was rampant among the population. This fact and its sequel—which was that the Norwegian government, for the sake of the health of its population, had to pass stringent laws affecting both manufacture and sale of strong alcoholic drinks—had the result that the consumption of alcohol was enormously diminished and that alcoholism became a rare disease instead of a most common one. . . .

#### Mental Disorder Increased by Alcohol

Alcohol is the most frequent cause of insanity, no single cause approaching it in numbers except the predisposing one of heredity to mental and nervous disorders. The proportion of alcoholics in the total number of mental patients in my fifty years of practice is 14.5 per cent. The actual number of patients where alcohol in some way had to do with the mental symptoms was much larger than the number of those whose symptoms were characteristically those of alcoholism.

#### Education of Youth Important

My studies have led to this conclusion, which I cannot sufficiently accentuate. It is this, that there is an extraordinary want of knowledge among the public, and especially among the young men of all classes, as to alcohol's real effects. A clinical fact of supreme interest from the medical and preventative point of view is that at least nine-tenths of my 2,000 alcoholic patients who became insane had taken to drinking immoderately before they were twenty-five years of age, in short, during the period of adolescence.—*The Medical Press and Circular*, November 5, 1913.

## From the Medical Magazine

### KANSAS HAS THE PROOFS

**I**N KANSAS, when we examine for a life insurance company I find the answers to the questions very different from what they used to be. In questions such as: "Do you use alcohol; what kind; how much?" the answer will be: "Nothing." And the question: "If you are a total abstainer, how long have you been?" the answer is: "All my life."—W. S. Lindsay, M. D., *Ill. Med. Jour.*, Oct., 1914.

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### DOES ALCOHOL ANSWER THIS DESCRIPTION

**L**ET us state as a general truth that any influence which tends to destroy the physical and mental vigor, to shatter the nerves and weaken the will, to lower a clean ideal of living, is a causation of crime. These leave their trail of blood behind: brain-fag, worry, despair, wreck of nerves, wreck of character, and the wreck of conscience,—the prison records tell the rest.—D. E. McClure, Asst. Sec'y. Michigan State Board of Health, *Public Health*, August, 1914.

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### WHY DIDN'T WE BUILD HOSPITALS FOR FOURTH OF JULY VICTIMS?

**L**AST year the Illinois legislature voted to found a colony for epileptics. In a number of states these are already well established institutions. A home for these unfortunates is necessary, but why did we not likewise ten years ago establish a hospital for those wounded and maimed in the insane celebration of the Fourth of July? Instead we instituted the sane Fourth and almost completely did away in a decade with any need of medical care whatever for our celebrants. Alcohol as a drink must go. It is an economic absurdity.—Chas. F. Read, M. D., *Ill., Med. Jour.*, Oct., 1914.

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### A SERIES OF MEDICAL RESOLUTIONS

**M**ODERN science recognizes that alcohol is a poison to the liver and to the nervous system and is a dangerous substance from which men should abstain.

There is no healthful drink among the alcoholic beverages.

The very moderate use of a fermented

liquor may not always be injurious to certain individuals, but it is never truly healthful.

In order to be in the most complete possession possible of all one's faculties at an instant's notice, one must be vigorously abstinent.—Resolutions passed at a meeting of the Montreal Medical Society in the University of Laval, 1912.

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### MILITARY OFFENSES AND ALCOHOL

**T**HOSE familiar with the work of the Royal Army Temperance Association of the British Army have often heard of the improvement of the morals of the army and of the individual soldier with the increase of sobriety.

The relation of alcohol to crime and offenses is very important from a military standpoint. Dr. E. L. Richards, in a recent work on the "The Modern Treatment of Nervous and Mental Disorders," states that in the psychiatric department of the Vienna Military Hospital, Number 1, during a period of ten years, Matanchek reports that 17.5 per cent of the medico-legal cases had to do with offenses associated with alcohol. Stier, also, after long experience states that many of the cases of absence without leave, desertion and assault in the German army are due to acute alcoholic conditions. With the customary social restraints removed by the effect of alcohol, these men commit acts which would appear entirely foreign to their usual conduct. As the acute effects pass away, they find the result of their acts unbearable and run away to hide themselves in a new community.

Jude, in France, studied the military offenses and their relations to alcohol at Lyons, and in the tenth army corps at Rennes. He was able to find a distinct history of alcohol in 141 cases out of a total of 397 (about 35.5 per cent). Besides this, he found in six of the fifteen cases of abandonment of post, that the sentry had gone to the neighboring cafe for alcoholic drink; and that there were certain social evil offenses usually associated with alcohol. Of the 397 cases, 164 were of unpremeditated violent of-



fenses like rebellion and resistance to authority, threats, serious or homicidal assaults, public drunkenness and resistance of arrest, refusing obedience, outrages; of these offenses 167 per cent had an alcoholic history.

The remaining 233 cases were of non-violent offenses such as desertion, larceny, abandoning or sleeping at post, cheating, falsifying papers and only 26 (12.8 per cent) had an alcoholic history.

He also studied the General Court-martial records at Rennes and Lyons during the years 1908-9 and found that alcohol was involved in 68 per cent of the violent offenses at Rennes, and in 65 per cent of those tried at Lyons. The premeditated non-violent cases had alcohol as a factor in only 7 per cent of the court-martials at Rennes and in 20.8 per cent of those at Lyons.

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#### WAR INSANITY

THERE is no special form of mental disorder due to war, but war is very liable to fan into flame a latent predisposition to epilepsy, hysteria, slight imbecility, attacks of mania and depression or a syphilitic brain or spinal cord trouble, according to Weygandt in *Medizinische Klinik* (Berlin, Sept. 27, 1914). He cites statistics of the Franco-Prussian, Cuban, Boer and Russo-Japanese wars. The percentage of insanity among Balkan troops in the Balkan wars was very low, considerably less than one case per 1,000 soldiers, whereas among the Russians in the war with Japan it averaged two cases per 1,000 soldiers. "He ascribes the difference," comments the *Journal of the American Medical Association* (Nov. 7, 1914) to the liquor-drinking among the Russians. He does not offer any explanation, however, for the large numbers among the German expedition corps in southwest Africa, 4.95 cases per 1,000; or if cases of epilepsy and hysteria are included, 8.28 per thousand of the troops were thus affected."

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#### ALCOHOL INSANITY IN PEACE

ONE person out of every 210 residents of Massachusetts was under the care of the State Board of Insanity on Oct. 1, 1913, as shown by the Board's fifteenth annual report just issued. There were 13,766 insane cases cared for by the Board, 2,406 feeble-minded, 649 epilep-

tics, and 159 inebriates. Alcoholic intemperance alone was the cause of insanity in 13.96 per cent of the insane admitted during the year, with other causes 4.5 per cent making alcohol a causative factor in 18.4 per cent. Six sources of insanity—congenital causes, heredity, alcoholic intemperance, senility, coarse brain lesions, and syphilis helped produce 72.7 per cent of this year's first cases of insanity.

No other single cause contributed so much to the insanity in Massachusetts as intemperance due to alcohol.

The percentage of insanity attributed wholly or partly to alcohol is lower in this report than in some previous reports. It is fair therefore to apply it to the total number of insane persons cared for by the state, viz., 13,766, resulting in an estimate of 2,541 insane persons owing their condition wholly or partly to alcohol; one person out of every 1,409 residents of the state of Massachusetts.

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#### THIS DOCTOR THINKS SO, TOO

THE question is what to do with the chronic inebriate. It seems that there is only one thing to do, and that is not to license the saloon where they can go—the boy and the girl—and get injured, and then to take the taxpayer's money to build a hospital to cure them. I have studied the question in Europe and elsewhere, and it seems the only way to treat the question is this: To simply prohibit it, absolutely prohibit the manufacture and sale of the toxin which causes the degeneracy of the race.—A. M. Wickerstron, M. D., *Ill. Med. Jour.*

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#### — SO DOES THIS MEDICAL EDITOR

IT is a safe prophecy that the problem of alcoholism must be grappled with in the near future, and we look forward with confidence to the banishment of the saloon from American life.—*Medical Standard*, August, 1914.

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#### DEAL WITH ALCOHOL AS WITH OTHER DRUGS

PROHIBITION of the sale of alcohol is futile so long as the stuff is manufactured for other than legitimate purposes. Just as the amount of cocaine needed for legitimate purposes is approximately known, why should not the same knowledge be had of alcohol? Why

should not legislation upon alcohol be instituted similar to that on cocaine? The chief difference in the two poisons, practically speaking, is that one accomplishes its demoralization quickly, the other slowly. . . . It cannot be denied that as

commonly used, poisonous effects are induced. And what used to be a supposed rational use, namely, the employment of alcohol in certain diseases, has dwindled greatly.—*Medical Times*, April, 1914.

## Magazine and Newspaper Comment

### A Possible Blow to Another Alcohol Fallacy

IF Siberia thrives under the new "dry" regime, what a blow against drinking to keep warm!—*Boston Herald*, Nov. 26, 1914.

### Job Seekers Said to Be Barred By Drink Habit

ONLY fifteen of the twenty-eight applicants for salesmanship positions passed Prof. Munsterberg's recent psychological contests. Two personal qualities that brought discomfiture to their possessors were indulgence in liquor and a proneness to lying.—*Boston Herald*, Oct., 1914.

### Secretary Bryan on the Liquor Situation

THE liquor interests are at bay. They realize they have but a few more years in which to fatten upon the woes of their victims. The Democratic party can not afford to shield the brewery, the distillery and the saloon.—Quoted by *Washington Post*, November 20, 1914.

### Dr. G. Stanley Hall on Intemperance

DR. G. STANLEY HALL, president of Clark University, presided at the meeting of the "Flying Squadron" last night. He stated that all present knew that we are today in the midst of a great war. When peace comes we hope it will be eternal peace. But, he said, he was interested in another war, the war for temperance. He declared that intemperance has caused more wreckage than all the wars and battles that have been fought.—*Worcester Telegram*, Nov. 30, 1914.

### To Give Children Childhood

Two million little children drag their weary bodies to and from American mills. There were five and one-half million children last year who did not attend

school. One-half of the children who went to school did not attend regularly.—H. C. Evans, Pres. Fraternal Congress of America. Reported, *Boston Transcript*, Aug. 4, 1914.

THE saloon is the tread-mill, ever-moving, carrying the children into industrial life when they ought to be receiving an education, or playing to develop their physical, mental and moral manhood and womanhood.—John B. Lennon, Treas. Am. Fed. of Labor.

### Lord Kitchener's Appeal For the Soldier

MILITARY authorities are disgusted with the drunkenness of soldiers brought about by the disposition of civilians to treat all men in uniform. . . . Lord Kitchener has issued numerous protests against the treating of soldiers. He recently made this appeal to the new army:

"The men who have recently joined the colors are doing their utmost to prepare themselves for active service with the least possible delay. This result can only be achieved if by hard work and strict sobriety they keep themselves thoroughly fit and healthy."—*Associated Press*, (London), Nov. 29, 1914.

### A Fine Sense of Newspaper Consistency

AFTER this date, advertisements of intoxicating liquors will not be published in the columns of the *Attleboro Daily Sun*, .

. . . Whether an individual is to use these liquors is for himself to decide. It is a personal question whether the disaster the appetite accomplishes in many cases does not outweigh any consideration in its favor. The biggest and brainiest men do not drink; the corporations and firms that draw the line against most moderate drinkers are daily increasing in number—the moral should be apparent. The *Sun* simply points out its belief that a home news-



paper of its character, located in a community which has favored no-license for two centuries [Attleboro has not had a saloon in its 220 years of corporate history], can not consistently present liquor advertising in its columns.—*Attleboro (Mass.) Daily Sun*, Oct. 24, 1914.

### Give the People Facts and Figures and They Will Form Their Own Opinions

"I WILL not be convinced only on my own conviction," was a common saying by an old German blacksmith when cornered in an argument.

A great many people have accepted John's rule not to be convinced upon the say-so of another, but want the facts and figures so they may form opinions of their own.

This is particularly true in relation to the temperance question. In days that many of us can well remember, such men as John B. Gough, Francis Murphy, and even Lorenzo Dow, told the people what to believe. Their arguments were mainly of a negative character, pleasing to hear but not particularly effective.

### Seeking For Facts

The younger men of today are asking why they should refrain from drinking intoxicating liquors, seeing that so many of their seniors indulge in the habit, and having heard that their grandfathers kept a bottle on the sideboard, and that the minister did not hesitate to take a nip on his pastoral visits.

With such a clearly defined background as this, can you wonder that young men are asking for facts to convince them that it is not just as proper now as then?

No one will deny that they have as much right, in the abstract, to drink as had their forebears. But it has been shown that these old citizens had been taught all their lives that liquor used in moderation was beneficial.

Since then science has been working on the problem and has developed many facts that were then unknown. The chief arguments against the use of it were based on its apparent effects, hence the use of the drunkard and his home as an object lesson.

### New Facts and Figures

Modern facts and figures place the use of liquors in a very different light. This modern light shows conclusively that the

mere matter of drunkenness is much the smaller part of the evil.—*The Pittsburgh Gazette Times*, April 22, 1913.

### Where Effective Teaching Can Be Given

THE tendency in our public schools to restrict the teaching of hygiene to the more advanced grades is fundamentally wrong. One of the most important agencies for conserving the public health is the public schools, especially the lower grades. The tendency to teach this subject in the upper grades only I consider unwise. Many pupils coming from surroundings which need betterment must have this before they reach the upper grades. An opportunity to reach them is lost. Instruction must start in the lower grades if it is to do the greatest good. The results of teaching hygiene to young children are doubly effective. The standards of the home are raised by the influence of the children and the effect is carried on to the next generation. Impressions on the plastic mind of the child are lasting and affect the health and usefulness of that child throughout its entire life.—Dr. Allen J. McLaughlin, Mass. Health Commissioner. Reported in *Boston Herald*, Nov. 18, 1914.

### Importance of Early Temperance Instruction

IN connection with the importance of early school training on hygienic subjects it is timely to recall the following sentences by Mrs. Mary H. Hunt, who was responsible for introducing in the public school the instruction in hygiene along with the distinctively temperance instruction:

*"The child is born who will see the last legalized saloon, brewery and distillery of alcoholic drinks disappear from the land if we now do our part."*

*"The saloon exists today by the will of the majority of the voters."*

*"A majority of the voters of tomorrow are in the first five years of the public schools of today."*

*"Thorough scientific temperance education in the first five school years means future anti-saloon majorities."*

*"Neglect of scientific temperance education in the first five school years means future saloon majorities."*

*"I will tell you how old that child will be who will see the last saloon go from your state if you will tell me how you are enforcing your scientific temperance instruction laws."*



## The Library Table

### PROBLEMS OF CHILD WELFARE. By

George B. Mangold, Ph. D. New York: MacMillan Co. \$2.00.

"In modern social work, the emphasis has been shifted from the parent to the child, due largely to belief in the principle that 'an ounce of prevention is worth a pound of cure.'" With these words the author introduces his comprehensive, interesting and suggestive study of the many-sided child welfare problem involved in conservation of life, health, training and education, child labor, juvenile delinquency and dependent children.

Inevitably, intemperance appears as a factor in practically all these branches of the subject, although the index, faulty on this point, would not reveal the fact to the casual examiner of the book. The drunken father wastes his money, neglects his family, bringing them into poverty—and infant mortality is increased. Education is interfered with, "About one-third of the children leave school because of economic necessity," to which drink, of course, contributes. In the matter of child labor, "poverty is too often one segment of a vicious circle for: poverty causes child labor; child labor prevents opportunity for industrial training and results in low wages in later life; low wages in turn mean poverty." One is tempted to suggest again what the author does not, that drink is often a part of this cycle. Experience has shown that when drink is eliminated from a family or community, these cycles of child misery where drink is involved are largely broken up. Dr. Mangold, however, clearly states this truth in discussing child protection. "The conviction is strongly warranted that intemperance of parents, especially of fathers, is demoralizing to a large number of boys and girls. If it does not lead to delinquency in children, it does cause shiftlessness and irregular habits and intemperance which crop out in early manhood, giving us a considerable share of our workhouse population. . . . Such measures as will reduce intemperance are, therefore, an important factor in a program of child protection."

Dependency, and especially neglect of children, is often caused by alcohol. The New York Society for the Prevention of Cruelty to Children reported in 1912: "Reference to the records of the Society during the entire years of its existence would establish beyond all controversy the fact that to the immoderate use of intoxicants by parents is largely due the great neglect, the suffering and grosser forms of cruelty imposed upon childhood."

"A study of 1,000 neglected children appearing before the juvenile court in St. Louis revealed the fact that 42 per cent. were brought because of drunken homes, 23 per cent. because parents were intemperate, 15 per cent. on the charge of immorality of the mother, and 20 per cent. because of general

incompetency. . . . While nearly one-fourth of the children were the direct victims of their parents' intemperance, the great majority of the fathers and about half the mothers were intemperate. Undoubtedly, intemperance contributed largely to incompetency and to broken homes; and indirectly it affected most of the cases. Drunkenness easily degenerates into brutality and breaks up the home, or it makes its victims unsteady and useless and promotes incompetency."

Problems of Child welfare will be of distinct value to all who wish information upon the many phases of this important subject. Not the least of its excellent points is a full bibliography.

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### BENCH VS. BAR. By Lemuel D. Lilly, Atty.

Westerville, Ohio: American Issue Publishing Company, 48 pp., \$.10.

The judicial answers to the arguments of the liquor interest in defense of its existence are here presented, chiefly in the exact language of court decisions. They represent the impartiality of the judge, the clear vision obtained by sifting and weighing evidence, and measuring values by their relation to public welfare in the greatest good to the greatest number. They are the answers of pure logic, ethics and common sense to such questions as the province of legislation, the limits of personal liberty, the laborer's right to earn his daily bread, the rights of vested property, the sources of government revenue.

The following are a few of the indisputable propositions laid down by the author in this little handbook:

"The immoral man is never a harmless or safe citizen. Therefore the paramount duty of citizenship in a republic is to prevent the making of immoral men.

"Anything which destroys or injures public morals is a traitor to the state.

"All must admit that a material amount of crime and misery and pauperism and insanity flow from the traffic, that a material amount of money is thus wasted by the drinking part of our population and that a material amount is spent by the government in law enforcement and charity that would not be thus wasted and expended except as a result of the traffic. . . . The court does not ask how much idleness, pauperism and crime can be traced to this evil, nor fix the percentage of disease, pauperism and crime that must be proved against the traffic before prohibitory laws will be justified. If idleness, disorder, pauperism and crime are in some material degree traceable to this evil, that is a sufficient warrant for the public to defend itself against such sources of injury."

Among the court decisions quoted are the following:

"Liquor, in its nature, is dangerous to the morals, good order, health and safety of the



people, and is not to be placed upon the same footing with the ordinary commodities of life, such as, corn, wheat, cotton, potatoes, etc."—Decision So. Carolina Court "State vs. Aiken. 26 L. R. A. 345."

"Personal liberty . . . consists of the right of locomotion to go where one pleases and when—and to do that which may lead to one's business or pleasure—only so far restrained as the rights of all others may make it necessary for the welfare of all other citizens."—Supreme Court of Michigan: *Pinkerton vs. Verberg*, 78 Mich. 573, 18 Am. St. Rep. 473.

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**THE CONSERVATION OF MEN.** By **Ralph C. Richards.** An address to the operating men of the Chicago and Northwestern Railway on the Prevention of Accidents.

When we read of the large and increasing number of railroad injuries and fatal accidents, we think at once of colliding trains, car wrecks and other wholesale disasters. But by far the greater number of accidents, according to railway statistics, is due to carelessness or thoughtlessness in little things which cause death or injury to the men themselves, or to their fellows in the service. An average of ten injuries a month on one road was caused by stepping on nails sticking up from planks that had been ripped off and left where thrown. Five hundred and forty-seven switchmen were injured and seventeen killed on this road in one year, largely from taking chances when trains were too near.

"It is the little neglects that cause the bulk of the accidents," says the railroad expert: Defective cars and engines not carefully inspected and reported; unblocked frogs and guard-rails; material left too close to the track, over which some one stumbles in the dark; forgotten lights. The slogan, "Safety first," or "Delay rather than accidents," is being reiterated to all ranks of men in the service; but a part of the safety first method is to weed out the men who can not be so impressed, and who, by their habitual carelessness, endanger others. Sooner or later this weeding out process catches the drinker, for though he may never become visibly intoxicated, the relaxing effect of alcohol on his brain is bound to make for carelessness.

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**ORGANIZED SUNDAY SCHOOL WORK IN AMERICA.** Official Report of the Fourteenth International Sunday School Convention, 1914, Chicago, International Sunday School Assn.

A splendid compendium of statistics, and general information about all kinds of Sunday school work with practical suggestions from leaders for all ages of scholars. The Temperance Department is admirably represented in its statement of aims, methods of organization for Sunday school temperance work, the progress made in distribution of literature in having the subject presented before Sunday School conventions, in pledge work, and in

the use of a large variety of practical educational devices. Conference addresses are reported on the use of pledge-cards and posters, on the part taken by the Sunday school in Prohibition campaigns, the relation of temperance to missions abroad and among the immigrants at home, the anti-tobacco campaign.

\*

**SUPPLEMENT TO THE NEXT GENERATION.** By **Frances Gulick Jewett.** Boston: Ginn & Company.

Facts not for class room use nor for public discussion, but for all who are prepared for them through acquaintance with such material as that given in "The Next Generation." The pamphlet follows the book because it is preferable that these facts concerning the two diseases that "are more destructive to the race than any other forms of disease from which humanity suffers" should come after and not before the book.

The author believes that "as a whole, the rising generation is clearheaded and sane, and that when it learns the facts, it will protect itself by prevention."

\*

**PARTICEPS CRIMINIS.** By **Ervin S. Chapman, D.D., LL.D.** New York; Fleming H. Revell Company, Price, 75 cents.

There is a strong heart appeal in the argument of this story of a California rabbit drive, with its attendant slaughter of thousands of helpless creatures, and its analogy to the "boy drive," which, almost as irresistibly hurries the innocence of childhood into the living death of a drink-enslaved manhood.

That the government should aid this process of degradation, for the resulting revenue, is especially infamous, and such books as this are valuable in impressing this upon the minds of the people.

\*

**THE PROCEEDINGS OF THE FIRST CONFERENCE OF THE CATHOLIC PROHIBITION LEAGUE OF AMERICA,** held at Niagara Falls, N. Y., Aug. 4-5, indicate that interest is being aroused in that church on the liquor question and definite plans are being made to co-operate with other organizations in the propaganda for nationwide Prohibition. The League operates under the slogan, "Moral suasion for the individual. Prohibition for the state and nation." It aims to enroll 100,000 members before its next meeting, at Atlantic City in July, 1915.

\*

**THE RELATION OF ALCOHOL TO INSANITY.** By **Filmore Condit.** Westerville: The American Issue Publishing Company, 14 pages. \$1.00.

A collection of the statements of noted authorities on the causes of mental disorders, supported by an array of statistics, make this pamphlet an interesting addition to the literature of insanity and of alcohol, especially in its comparisons of insanity in Prohibition and distinctively license states.



**THE FIELD SECRETARY  
OF THE  
SCIENTIFIC TEMPERANCE FEDERATION  
MISS EDITH M. WILLS**

Washington, D. C., November 30, 1914.

In the war against alcoholism and in behalf of Prohibition I believe one of the greatest factors to be the teaching of truths about alcohol and its effect upon the human body. I cannot too highly commend the presentations of Miss Edith Wills of the Scientific Temperance Federation. Her work in Washington City has attracted wide attention and was productive of great good. A few months ago she delivered a lecture in the public library of this city; the first lecture ever presented there on the subject of temperance, as I have been informed. Miss Wills is thoroughly informed on the subject she presents, and by the use of her charts and models, as well as her lectures, has contributed largely to the awakening of public sentiment and the education of the people along this line. I commend her warmly to the forces interested in promoting moral and civic righteousness as one who will reach the masses in an effective educational way.

**EDWIN C. DINWIDDIE,**  
*Superintendent, The National Temperance Bureau.*

## Our Lantern Slide Lectures

In filling an order for a customer recently, we asked a large slide-maker what he had on the alcohol question. He replied: "Your slides are much better than anything I have."

Another large slide maker said he could sell hundreds of our slides if he had them.

Both of these dealers know a good thing when they see it.

The numerous requests we receive for permission to reproduce these slides testifies to their quality.

That we cannot grant these requests because we have to be responsible for their scientific up-keep speaks for their reliability.

The subjects covered by our complete list of slides, over 100 in number, includes the effect of alcohol on:

- Muscle and Mental Working Ability
- Industrial Accidents and Incapacity
- Health, Sick-Rates, Mortality
- Heredity and Family Degeneracy
- Economic affairs, such as the cost of Crime, Insanity, Poverty and other Social burdens.

Complete list and terms sent on application.

**The Scientific Temperance Federation**  
**23 Trull Street, Boston, Mass.**



# The Scientific Temperance Exhibit

CONSISTS OF

## Posters and Models

A Descriptive List of the Set of 50 POSTERS will be Sent on Application. The models now ready illustrate the following subjects:

1. Effect of Alcohol in a Typesetting Experiment.
2. Effect of Alcohol in a Typewriting Experiment.
3. Comparative Sickness and Death Rate in Abstainers and Non-Abstainers.
4. Death Rate of Abstainers and Non-Abstainers in the United States.
5. Alcohol as a Cause of Death in the Prime of Life.
6. Infant Mortality in an Alcoholic Family.
7. The Alcohol Factor in Insanity.
8. Alcoholic Parentage of Epileptics.
9. Habits of Convicts in Regard to Intemperance.
10. Poverty and Drink by Nationalities.
11. Efficiency in Coal Mining, With and Without Alcohol.
12. Comparative Alcohol Content of Beer, Wine and Whisky.

Each model is neatly executed in wood. Geometrical figures attractively painted, and other interesting objects serve as illustrations. Explanations are plainly lettered on base-boards, and a brief lecture reading is also provided.

These models with the 50 posters constitute a most attractive and educational exhibit. Terms, \$15.00 per week. Send for further information.

The 50 posters which constitute a part of the exhibit remain with the renter when the models are returned.

The **exhibit** method is justly popular because it teaches through the eye, the most effective way of receiving clear and lasting impressions.

Applications for the exhibit are now being received from various parts of the country. Transportation expenses can often be reduced by making successive engagements in nearby towns.

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## The Store Window Exhibit

Where only window space can be secured, the posters and models can be used to keep up a continuous interest for weeks by changing the materials every few days.

"Reaching the People Where They Are" is a twelve-page, illustrated, leaflet (price 5 cents) filled with suggestions for installing striking window exhibits.

Send for further suggestion.

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THE SCIENTIFIC TEMPERANCE FEDERATION

23 TRULL STREET, BOSTON, MASS.

# The Scientific Temperance Journal for 1914-1915

**Will Contain:** 24 pages instead of 16 pages.

**Will Appear:** 12 times a year instead of 10 times.

**Will Cost:** \$1.00 instead of 60c. and be worth it.

## CATALOGUE OF PUBLICATIONS

Posters large, 20c each; \$1.50 a doz;  
\$5.00 per set of 50.

Posters, reduced, 50c. per 100.

Poster Handbook, 50c. paper; 75c.  
cloth

Stereopticon Lecture, rental or sale.  
Send for slide list and terms.

### Books—

Alcohol and the Human Body, by  
Horsley and Sturge .....\$ .50  
Social Welfare and the Liquor  
Problem, by Harry S. Warner. 1.10  
The Anti-Alcohol Movement in  
Europe, by Ernest Gordon..... 1.65  
Prohibition Advance in All Lands,  
by Guy Hayler ..... .75  
Economic and Moral Aspects of  
the Liquor Business ..... .75  
Shall I Drink? by Joseph H.  
Crooker ..... 1.00  
On the Firing Line, by Jenkin L.  
Jones ..... .50  
The Saloonkeeper's Ledger, by L.  
A. Banks ..... .75

### Other Literature:—

Alcohol's Ledger in Industry, each..10c  
Alcohol in Everyday Life, each....10c  
Industrial Leaflets, illustrated, enve-  
lope size, per set .....10c  
Some Modern Facts About Alco-  
holic Drinks, each ..... 5c  
Store Window Exhibits, each..... 5c  
Joe Babcock's Accident, per 100....30c  
Alcohol and the Peak of Accidents,  
per 100 .....30c  
Alcoholism in Wine Drinking Coun-  
tries, per 100 .....30c  
Wine a Peril to Childhood, per 100.30c  
Practical Facts for Practical People,  
per 100 .....25c  
Drink and the Credit Side of the  
Ledger, per 100 .....25c  
Secret of Success in Baseball, per  
100 .....40c

### TOBACCO LEAFLETS:

Power of the Tobacco Habit, each..20c  
The Boy and the Cigarette, each... 5c  
The Use of Tobacco, each ..... 5c  
The Injury of Tobacco, each..... 5c  
Anti-Narcotic Numbers of THE  
SCIENTIFIC TEMPERANCE JOURNAL,  
each .....10c  
Stereopticon Tobacco Slides.

## To New Subscribers

**\$1.25** One year's subscription to *The Scientific Temperance Journal*  
One Handbook of Modern Facts About Alcohol (paper)

**THE SCIENTIFIC TEMPERANCE FEDERATION**

23 Trull St., BOSTON, MASS.



# SCIENTIFIC TEMPERANCE JOURNAL

Rec'd  
FEB 8 1915  
P.P.L.

— *Continuing the* —  
SCHOOL PHYSIOLOGY JOURNAL

Whether it shall be possible to do away wholly with alcohol, I can not say, but I do hold that it is necessary if the race is to be kept from sinking, and if our social problems are to find anything like a fundamental solution.

--- Professor Ghyren,  
Before the Swedish Parliament.

*Published at -*  
BOSTON, MASS.

JANUARY, 1915



# The Scientific Temperance Federation

Was Organized in 1906 as a Bureau of  
Information on the Alcohol Question

---

- It **Maintains** a special **Library** which includes the important publications in all languages relating to the effects of alcoholic and other drug habits.
- It **Co-operates** with other temperance, religious, health and social welfare organizations such as the Anti-Saloon League, The National Temperance Society, the Church Temperance Societies, The Young People's Society of Christian Endeavor, Young Men's Christian Association, Sunday School Associations, Women's Clubs and Civic Leagues, in both securing and disseminating important information on the Alcohol Question.
- It **Promotes** original **Investigation**, wherever possible, of the effects of alcoholism upon health, industrial efficiency, business and social welfare.
- It **Publishes** the results of its researches, investigation and translations in a monthly paper—THE SCIENTIFIC TEMPERANCE JOURNAL—and in leaflet and pamphlet form in simple, popular language.
- It **Furnishes** for sale or rental sets of **Lantern Slides**, with reading lectures, which illustrate by pictures and diagrams important relations of drink to individual and social welfare.
- It **Supplies** an interesting and impressive **Traveling Exhibit** which consists of a set of 50 large posters and ten unique models in which important Facts are made especially realistic by means of appropriate objects.

"Your exhibit was one of the splendid features of the Educational Department of the Fair and was praised by everyone who visited that department."—T., Secretary, ——— Fair Association.

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## The Scientific Temperance Federation Needs

- More **orders** for its literature and other supplies, that the small proceeds may help to make more and better supplies possible.
- More **members** to help circulate its educational material and help provide for its necessary expenses.
- More **contributors** and **sustaining members** to make up the deficit between the above sources of income and the amount needed to fulfill its opportunities and maintain its efficiency.

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**23 Trull Street, Boston, Massachusetts**



# Scientific Temperance Journal

Vol. XXIV

BOSTON, JANUARY, 1915

No. 5

**T**he Social Sag is easy and constant. It gets the flabby multitude. The Social Lift is dynamic and intermittent. It depends on the few, the vital, the decisive. That explains why one lifter can chase a thousand drifters.

---John G. Woolley.

## Can Insurance Experience Be Applied to Lengthen Life?

BY ARTHUR HUNTER,

Chairman Central Bureau Medico-Actuarial Mortality Investigation; Actuary New York Life Insurance Company

**I** HAVE stated my subject as a question, "Can insurance experience be applied to lengthen life?" and the answer is simple: It can. I have no doubt that the knowledge which the life insurance companies have acquired from their investigations regarding the mortality among their policyholders may be applied by individuals towards lengthening their own lives; but the difficulty arises of getting such information before the public in a form which can be readily understood.

The investigations undertaken by the companies were primarily intended to assist them in determining which types of persons could be safely accepted for insurance at the regular rates of premium, which types should be charged an extra premium, and which should be declined. The purpose of the preparation of these statistics was not to excite public interest or curiosity, but for actual use in a great business. No haphazard methods have been used, but the most approved and scientific known to actuaries and medical directors; their knowledge of mortality is based upon the actual experience of companies with all sorts and conditions of men and women, and naturally appears in the form of statistics. True progress in any science is made through recording the result of actual experience or of experiments, and my statistics will be of

this nature. They will constitute, in fact, a brief record of what has happened to mankind under certain conditions, and will not be difficult for the layman to follow.

### A Study by Forty-Three Companies— 2,000,000 Lives

Forty-three of the leading life insurance companies in the United States and Canada agreed in 1909 to prepare their collective experience on many different classes of insured. They decided to put the investigation into the hands of the Actuarial Society of America and the Association of Life Insurance Medical Directors. The companies supplied their records on about 2,000,000 lives, covering a period of twenty-five years. It is the largest and most comprehensive investigation ever undertaken by insurance companies anywhere. The object of the investigation was to determine from past experience the types of lives among which the companies had a higher mortality than the average. The results of the investigation have appeared in four volumes, and the fifth is in press.

### The Classes Studied

The insured were divided into many classes, of which the following are the chief groups:

1. Those who were in occupations involving hazard;
2. Those who had a family history of consumption;

3. Those who had a defect in their personal history, such as an attack of appendicitis, renal colic, rheumatism, syphilis, etc.

4. Those whose physical condition was not normal, as shown by indications such as a high pulse, irregular pulse, albumen in urine, etc.;

5. Those whose habits with regard to alcoholic beverages were not satisfactory in the past, or who used liquor steadily at the time of application for insurance.

6. Those who were distinctly overweight or underweight.

Before describing these classes I should like to emphasize the fact that all the lives involved in the investigation had been carefully examined by competent physicians, and that, in general, the more hazardous the occupation, or the greater the defect in physical condition, in family history, or in personal history, the more care was taken in selecting the lives. In order to determine the relative mortality, a standard or "measuring rod" was prepared, representing average mortality among insured lives, based upon the experience of the forty-three companies among all their insured. When a class is said to have 10 per cent. extra mortality, it means that where the experience of the companies would have resulted in 100 deaths among their insured as a whole, there were 110 deaths in the specified class. Another way of making the needed comparison is by showing the number of years by which the average lifetime will be reduced, and this manner of exhibiting the degree of hazard will be used in some cases. In this connection it may be well to point out that a reduction in the average lifetime of say five years among a large group of men is a serious matter. It does not mean that five years is taken off the lifetime of only those who have reached age 65 or 70, but that the average lifetime of all men is reduced by five years. If in an occupation employing many men, such as mining, there were such a reduction, it would mean an economic waste in the United States equivalent to about five years of the lifetime of one million men, or a reduction of their productive lifetime by about one-sixth. . . .

[A summary was given here of facts ascertained about railroad and mining industries.]

## A High Mortality in the Liquor Business

There is a general impression that saloonkeepers do not live as long as persons in non-hazardous occupation, but it is not generally known that *most classes which are connected with either the manufacture or sale of liquor have a high mortality*. Among saloon proprietors, whether they attend the bar or not, there was an extra mortality of 70 per cent.; and the causes of death indicated that a free use of alcoholic beverages had caused many of the deaths. The hotel proprietors who attend the bar either occasionally or regularly had as high a mortality as the saloonkeepers, i. e., the lifetime was reduced about six years on the average on account of their occupation. The mortality among those connected with breweries was about one-third above the normal. The large class of proprietors of wholesale liquor houses had an extra mortality of about one-fifth. In the fourteen subdivisions of the trades connected with the manufacture or sale of alcohol, there was only one class which had a normal mortality, and that was the distillery proprietors.

*The facts regarding the adverse effect on longevity of engaging in the liquor trade are such that, if they were generally known, young men who are easily tempted would be deterred from entering this business.*

The high mortality in some of the occupations to which reference has been made must not be ascribed to the men having other defects, such as a tubercular family history. When there was any defect in the physical condition, in the family record, in the habits of life, etc., the insured was not included in the investigation of the mortality of men in the occupation. In the same way, in investigating the mortality of insured with a defect in family record or personal condition, no men in hazardous occupations were included in the groups investigated. . . .

## Habits As To Alcoholic Beverages

Nothing has been more conclusively proved than that a steady, free use of alcoholic beverages, or occasional excesses, are detrimental to the individual.

*In my judgment it has also been proved beyond peradventure of doubt that total abstinence from alcohol is of value to humanity; it is certain that abstainers live longer than persons who use alcoholic beverages.* The low mortality among abstainers may not be due solely to abstinence



from alcohol, but to abstinence from tobacco, and to a careful regard for one's physical well-being.

### Policy-Holders Who Had Been Occasionally Immoderate

Among the men who admitted that they had taken alcohol occasionally to excess in the past, but whose habits were considered satisfactory when they were insured, there were 289 deaths, while there would have been only 190 deaths had this group been made up of insured lives in general. *The extra mortality was, therefore, over 50 per cent., which was equivalent to a reduction in the average life of these men of over four years.*

If this means that four years would be cut off the end of the average normal lifetime of each man, there are many who would consider that "the game was worth the candle;" but it means that in each year a number of men will die at an earlier age than they should. For example, at age 35, the expectation of life is thirty-two years; in the first year after that age, instead of, say, nine persons dying, there would probably be twelve deaths; that is, three men would each lose thirty-two years of life; in the next year probably four men would each lose thirty-one years of life, etc. As a matter of fact, many immoderate drinkers would live longer than thirty-two years, but not nearly so many as would live if they had been moderate drinkers, and far fewer than if they had been total abstainers from alcohol.

### The Case of the Daily Moderate Drinkers

With regard to men who had used alcoholic beverages daily but not to excess, the experience of the companies was divided into two groups: (a) men who took two glasses of beer, or a glass of whisky, or their equivalent, a day; (b) men who took more than the foregoing amount, but were not considered by the companies to drink to excess. The mortality in the second group was found to be fully 50 per cent. greater than in the first—an excellent argument for moderation in the use of alcoholic beverages. The foregoing result does not mean that the large excess mortality in Class (b) was due to their drinking a little more each day than those in Class (a). It is probable that among those who were very moderate users of alcoholic beverages there were

comparatively few who eventually used liquor immoderately; but among those who took more than a glass of whisky or its equivalent a day there were probably a goodly number who increased their daily consumption after having applied for insurance, and who eventually drank to an immoderate extent. *Part of the hazard from alcoholic beverages lies in the user's losing the power to limit himself to a moderate consumption.*

### Extra Mortality Among Reformed Men

Among the men whose habits were formerly intemperate but who had reformed for at least two years prior to their acceptance by the insurance companies, the extra mortality was fully 30 per cent.; i. e., *their average lifetime was reduced by about three years.* This excess mortality is partly due to the effect of previous intemperate habits in undermining the system and partly to a proportion of the persons relapsing into their old habits.

In the foregoing classes men who were in the liquor business, or in any other occupation involving hazard, were excluded.

### Lower Mortality of Abstainers

The Committee of the Medico-Actuarial Mortality Investigation did not make a report on the mortality among total abstainers, but *sufficient statistics have been published by individual companies to justify the statement that persons who have always been total abstainers have a mortality during the working years of life of about one-half of that among those who use alcohol to the extent of at least two glasses of whisky per day.*

### How Russia's Prohibition Can Make Good War Losses of Life.

In view of this, the effect of Prohibition of the manufacture and sale of alcoholic beverages in Russia must be very great. If the government of Russia carries out its present intention to abolish permanently all forms of alcoholic beverages, the saving in human life will be enormous. It is not too much to say that the loss of 500,000 men as the result of the present warfare could be made good in less than ten years through complete abstinence from alcoholic beverages by all the inhabitants of Russia. In the *New York Times* of November 19th a former member of the Duma, a man who has

worked for prohibition in Russia for many years, Michael Dimitrovitch Tchelisheff, states that already the results of the abstinence of vodka are seen in the peasants; "they are beginning to look like a different race." He states that in the factories the efficiency of the worker has greatly increased, that women and children who suffered from violence of the husband and father through his addiction to vodka "suddenly found themselves in an undreamed-of paradise. There were no blows, no insults, and no rough treatment. There was bread on the table, milk for the babies, and a fire in the kitchen."

### A Non-Partisan Investigation.

In conclusion it should perhaps be stated that the statistics of the Medico-Actuarial Mortality Investigation were not

compiled with intent to prove or disprove a particular theory, as so frequently happens when partisans engage in the preparation of statistics in support of their point of view. The companies put their records in the hands of a committee of actuaries and medical directors and asked them to determine what the true experience has been. The statistics, therefore, represent the facts.

This investigation shows effects of incorrect living and frequently indicates the way in which improvement may be made. The officers of the companies are glad to have such information given to the public, since they know it will be of direct benefit in reducing the death rate and because they are interested also in such matters from the standpoint of the general welfare.

## The New Education

### A Well-Organized City Campaign

By REV. JOHN S. BURNS, South Bend, Indiana.

**E**DUCATION and legislation make temperance work effective and permanent. There are many temperance organizations that can and should be working more as a unit. There are many other organizations in sympathy with the temperance movement that would be willing to partly unite in pushing a Temperance Education Campaign. All such organizations could send delegates and compose Union Temperance Commissions to conduct definite Educational Campaigns of seven or eight months' duration.

This is just what we are doing in South Bend and Mishawaka, Indiana, and what we feel should be done in many other "wet" cities throughout the country. Therefore we give our plan of campaign, our experience and offer the wealth of organized and outlined material for use in other cities.

#### Unity of Plan

We have gathered our suggestions and material by means of some forty letters sent to various places where campaigns have been conducted and literature was to be had. Letters, posters, leaflets, \$15 worth of books, papers, etc., were received,

and from these a campaign outline was made and material for it gathered. Many of the campaigns conducted, posters, etc., used in other places seemed to be scattering in their presentation of the facts, and in many cases did not cover the facts on all the different phases of the liquor question. Our endeavor has been to make an outline that would cover the facts relative to the six main divisions of this question: Politics, Economy, Labor, Society, Health, and Character. We are presenting the facts in the order given. A month is given to each of the six main divisions and a week to each of the four or five subdivisions of these main divisions, and at the close of the six months we shall give a week's review to each main division, making thirty-one weeks in all.

The purpose is to present only one phase of the question at a time, and so to concentrate the attention of the people on one thing at a time that it makes a lasting impression.

These facts are being presented in many ways. Each presentation of a particular division or subdivision is consistent and simultaneous with all the other presentations.



### The Newspapers

Each day a one-column news article appears in the leading newspaper, *The Tribune*. No charge for this. These six articles are condensed into two, are translated and appear in the bi-weekly Polish paper. (No charges.) These six articles are also condensed into one. It is translated, and appears in the weekly Hungarian paper.

These daily articles are summed up in a cartoon article two columns wide by seven inches long which comes out in each Saturday's paper.

### Leaflets for Distribution.

From this cartoon article in the Polish and Hungarian papers, some 4,000 leaflets are run off in each language and distributed at the Catholic foreign-speaking churches on Sundays in order to reach those who do not take the papers. We pay from 15 cents to 40 cents a column inch for these articles, and \$1.00 a thousand for the leaflets. Polish young men distribute them.

### Pay Envelope Education

Every two weeks, as most factories pay that often, we have some 8,000 pay envelope leaflets distributed to the employees in the factories, shops and stores. These are placed in the pay envelopes by the factory office force, and where this privilege is not granted, we secure men to hand them out at the gates. These are printed on one side of a stiff paper 2½ inches by 5¼ inches of various colors, and are written in English, Polish and Hungarian. They contain terse sixty-word statements of facts. There are some sixteen of these, two for each month or for each of the six divisions and several in review. They come out in the order in which these main divisions of the liquor question are being presented in the papers, etc.

### Poster Education

Each week a poster 28 inches by 42 inches in size is worked out to present in very condensed form certain striking facts on each one of the four or five subdivisions of the six main divisions of the liquor question. These are printed in English, Polish and Hungarian. They cost us \$3.50 per language and we get 350 English, 100 Polish, and 100 Hungarian printed.

These posters are pasted by our poster boy each week on boards which we had made especially for them and located all over town, in factories, street corners, on sidewalks next the curbing, on fences, etc. Where all three nationalities are employed in the factory or where all three live in the same vicinity, we have a set board on which we paste the three languages side by side. We regard these posters as our best means of presenting the facts. Many of our boards have been torn down, but we quickly replace them. The single boards cost us 55 cents each, set boards \$1.65, and easels \$1.85. Easel boards are weighted down with sand. The posting of the four hundred or more posters and replacing boards is done for \$10 a week.

### Window and Street Car Education

We are arranging to have window exhibits in some three or four parts of town, presenting in a concrete way the facts of the liquor traffic.

Also in the street cars we hope to have epigrammatic statements covering the main divisions and simultaneous with all the rest of the material presented.

### Addresses Illustrated by Posters

Once a week a group of meetings are held on the streets at night and in the factories at the noon hour. For these meetings we are using the Scientific Temperance Charts (Boston, Mass.) to good advantage.

### Stereopticon Lectures

Every Sunday night in some one of the churches or Catholic halls a stereopticon lecture is given touching all phases of the question. Most of the slides are made from the cartoons we are using in the weekly articles in the paper. Other evenings in the week the slides are shown in various places. We have a reformed saloonkeeper and gambler giving the lecture on these slides.

We plan later on to put slides in the theatres and on them write the main facts of the question as per the outline.

### Mass Meetings

Each month we try to arrange for a mass meeting with some noted speaker and get all the people out. During the six weeks' review we plan to have all the ministers in the various churches speak on the six successive Sunday evenings on the six main divisions of this question

and advertise their meetings with postal cards.

### He Who Runs May Read

Then to give an added largeness to our campaign we have had some twelve or fourteen large signs 10 feet by 30 feet in size painted and located at very noticeable places all over our two cities. One sign is ten feet high and seventy-five feet long. Those located in the Polish and Hungarian sections have the words written in Polish and Hungarian. We also have one Belgian sign in the Belgian district. The wording of these signs is as follows:

The Saloon Must Go. Will you Help Make It Go? (Painted in *Red*.)

(Painted in *Black*.)

1. It controls politics to exploit vice.
2. It increases taxes threefold.
3. It lessens the ability of the working man.
4. It wrecks homes—blights children.
5. It breeds poverty, insanity, crime.
6. It poisons the body. So mark it.
7. It ruins character—enslaves men.

We pay a rental of \$4.50 a month for these large painted signs.

### Pledge-Signing

A Lincoln pledge-signing campaign is conducted simultaneously with this campaign to keep the interest awakened and find out the wets and dries.

So you will see that our purpose is to present the facts in a simultaneous, concentrated way as if we were preaching an

eight-months' sermon and in such a way that everyone can not help but see, read, and hear them. We feel that it is making an impression which will not soon be forgotten. We feel that at the close of the campaign the people will be calling for an election and will vote the 240 saloons out of our midst. The campaign will cost us \$5,000.

It seems that the facts which we have gathered and placed in outlined form could and should be used elsewhere. Also the zincs and electros of the cartoons, etc., which we have had made could be used. We have had to work from the bottom up to put this campaign on and others are welcome to the material and experiences we have gathered. There are a few of the daily newspaper articles and weekly cartoon articles and posters which present local facts and in place of these the local facts of the city where the campaign is put on would have to be used.

### Make It General

We have been wondering if it would not be possible to have campaigns like this put in all of our wet cities simultaneously throughout the United States. A man could be appointed to conduct it in each state and have a man in each city where the campaign is put on to help him. Thus the general posters, cartoon articles and newspaper articles could be the same material everywhere—presented at the same time and at a much reduced cost and with much increased emphasis and effectiveness.

\* \* \*

## The Efficiency Institute

SINCE the Scientific Temperance Federation paved the way with the anti-alcohol exhibit plan in the United States, the idea has spread all over the country. Various modifications are being described in the JOURNAL from month to month. Here is a new one, a plan for an "Efficiency Institute" worked out by Rev. Henry Stauffer, Menasha, Wis.

The theme is EFFICIENCY: Individual, Industrial, Business, Social. HOW TO GET IT: The Efficiency Institute will answer.

The tentative program as outlined gives variety and opportunity for reaching all classes.

### Sunday

Sermons on "The Modern Demand for Physical and Mental Efficiency" by all priests and ministers.

### Wednesday

7:00 P. M.—Stereoptican Address to Children.

7:30 P. M.—Concert by Choral Society. Orchestra or Band.

8:00 P. M.—Address by two local physicians on "The Verdict of Science on the Use of Alcohol." Announcement of the creed of the physicians on alcohol.

### Thursday

7:00 P. M.—Stereopticon Address to



Children. Music by high school chorus.

7:30 P. M.—Declamations and orations by the winners in preliminary contests. Awarding of prizes. (Only data and subjects bearing directly on temperance will be used.)

8:00 P. M.—Address, "The City of (name of the city in which the Institute is held) in Account With Alcohol," by a local judge or attorney of high standing. The data for this address are to be secured by a survey of the city or county in which the Institute is held.

#### Friday

7:00 P. M.—Chorus by children of all public and parochial schools. Awarding of prizes to the children, who, in each school, shall have secured the largest number of readers of temperance leaflets given to them.

7:30 P. M.—Talk to children. Presentation of pledge.

8:00 P. M.—Addresses by prominent employers and labor leaders on "Total Abstinence and Industrial Efficiency and Safety." Questions from the floor. Announcement of the creed of employers and working men.

#### Saturday

10:00 A. M. and 3:00 P. M.—Teachers' Convention. Topics suggested: Debate: "Should Alcoholic Liquors Be Labeled Poison?" Addresses: "The Ethics of Pledge-Signing." "The Responsibility of the Teacher in the Present Anti-Alco-

hol Movement." Study of the exhibits. Announcement of the teachers' creed on alcohol.

#### Sunday

Anti-Saloon Field Day. Addresses at city churches, by ablest temperance leaders of the state.

#### Outstanding Features of the Program

1. It is so planned as to reach all the people of a given city, and so far as possible, of the county in which such city is situated. It is a community proposition, and should be held in an armory, city hall, or rink.

2. It aims to unite all the sources of authority, and bring them to the point of frank expression. All abstaining clergymen, physicians, lawyers, teachers and industrial and labor leaders in the community will be invited to bear their testimony against the drink habit within a week.

3. The Anti-Alcohol exhibit in or near the building in which the mass meetings are to be held, will be open to the public from 3 to 9 p. m. each day. It will cover every phase of the subject. There will be charts, models and diagrams showing the relation between drink and accidents, disease, crime, insanity, pauperism and child mortality. There will be a physiological section in charge of a local physician or teacher, which will show the effects of alcohol on the body.

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## "Teen Age" Temperance Work

BY GEORGIA ROBERTSON, WASHINGTON, D.C.

**E**ARLY Sunday morning, November 9, 1913—World's Temperance Sunday—from our Y. M. C. A. building started six automobiles filled with older boys who had promised to put up posters on alcohol in the vestibules of churches and Sunday schools from which permission had been secured. With the route for the autos carefully planned in advance, with thumb-tacks in readiness, churches and Sunday schools open, 125 temperance posters were soon telling their story to the eye. Every person who attended any one of those 125 churches or Sunday schools that day was brought face to face with Twentieth Century truth concerning alcohol.

#### The Material

Next we bought from the Scientific Temperance Federation, Boston, their splendid set of fifty posters, showing so graphically the effects of alcohol, on body, mind and character, on muscular and mental efficiency, on endurance, and on offspring.

#### The Frames

Frames of weathered oak, coated with spar varnish, were ordered; also glass to protect the poster from the weather. A backing of composition sheeting was fastened on one side with tiny hinges; with buttons on the other side. Two screw-eyes on the outside of the left side of frame, and one in outside of right of

frame, with two strong, straight hooks driven into the wall to correspond with screw-eyes in left of frame, one at right to fit screw-eye in right of frame, hold the frame securely.

### **The Locations**

Sixteen of the frames hang outside of that many Washington churches and missions. Two high school boys with an auto make the rounds each Saturday, taking out the old poster and replacing it with a new one.

So interested became these two boys that they asked their respective ministers to display posters on their own churches.

In changing posters, the frame is lifted enough to clear the hook on the right side, swung out on hooks on left, which act as a hinge; the back is unbuttoned and opened on its hinges, poster is changed, frame closed, and swung back into position with its fresh message.

### **Widening the Scheme**

Each of our seven baby milk stations received a set of eleven posters showing the prenatal effects of alcohol. Teen age girls gladly purchase such posters for the sake of better babies. Also a full set of small posters—frames bought at the ten-cent store—went to each of our nine carbarns, and are changed by the superintendent.

In one place five hundred people a day stopped to read the poster, some taking time to copy it. In their free-will offering of service in changing posters, the boys prove steadfast and faithful.

One hundred and forty-seven posters have been accepted by the board of education for use in public schools; the superintendent of schools made the selections. Our Y. M. C. A. and Y. W. C. A. use posters given to them.

Two sets of large posters with six-ply cardboard in one and one-half inch strips at top and bottom, are lent, a few at a time, for two weeks, to churches, Sunday schools and young people's societies.

Various conventions meeting here have responded to our suggestion that they display posters. Wire was stretched across the side of the room. Dennison card-holders slipped over the tops of the posters and hooked over the wire held them securely.—An address at the International S. S. Assn., June, 1914.

## **What They are Doing With Posters**

### **Using Them on Barns**

As I flew through a town in New Hampshire in my auto last week I saw the poster "The Better Chances of the Sober Workman," posted on a barn.—E. T., Boston.

### **Getting the Churches Into Line**

I HAVE the promise of a poster frame on the lawn of our church [one of the most important churches of the city]. I am working to get them into use by the leading church in each denomination. We have six more churches promised.—R., Washington, D. C. [About 25 poster boards are now in conspicuous places in Washington.]

### **College Bulletin Board**

PLEASE send me a dozen of the large posters on alcohol. We want to use them on our College Bulletin Board.—D. Ohio.

### **State Agricultural Fair**

I WANT to assure you that your exhibit of posters and models was the most popular on the grounds. Sixteen thousand two hundred and sixty-two people visited it the first day. After that, too many to count.—H. W. H., Galesburg, Ill.

### **Y. M. C. A.**

WE HAVE used your scientific posters and material to advantage both in lectures [at the Brooklyn Y. M. C. A.] and as an exhibit at the Bush Terminal.—A. B. C., Brooklyn, N. Y.

### **Holidays Poster Days**

To make Washington's Birthday (Feb. 22) and Columbus Day (Oct. 12) "poster days" in a special campaign of education against alcohol in New York state is the patriotic plan suggested by the National Temperance Society.

### **On the Floor of Congress.**

TWENTY or more of the Scientific Temperance Federation posters stood on easels in front of the Speaker's desk in the House of Representatives for three or four hours of the debate upon the national prohibition amendment, December 22, 1914.



## The Battle Against Alcoholism in the Russian Army

THE lesson of the Russo-Japanese war has apparently borne fruits in the steps taken by the Russian minister of war to reduce alcoholism in the army of Russia.

In the recent discussion of the American bill for a national prohibition amendment to the constitution, it was noticeable that again and again the proponents of the bill brought the discussion from the fields of states' rights and diminution of revenue into which opponents of the measure wandered, back to the fundamental issue of the public welfare. In this they took common ground with Emperor Nicholas of Russia according to the preamble of the edict issued to the army:

"His Majesty, the Emperor, always concerned for the welfare of the army, desirous of preventing the injurious effects recognized by science and experience from the use of alcoholic liquors, desirous of maintaining its strength, its health, and its moral vigor as necessary in times of peace as in time of war, has given the following definite orders concerning the use of alcoholic liquors."

Army officers are required to set an example of sobriety to the men. The record of the officer who is not habitually sober will contain a warning that he is not wholly qualified for service. On the other hand, record is also made to his advantage of anything an officer does to diminish the use of liquors in his command. In all operations of the service, and whenever in the presence of soldiers, officers are forbidden to drink. No bar for the sale of liquor is permitted in officers' clubs which also may not serve liquors at all except at meal times and during special hours. By a two-thirds vote the officers of a unit may wholly exclude the sale of liquors.

### Drink and the Private

All use of alcoholic liquors is forbidden to all men in active service, to the reserves and the militia. Promotion is impossible to soldiers who have been punished for immoderate drinking. Men reported for lack of sobriety are recorded on a special roll and lose certain privileges. Their families are notified not to send them money, and in these cases any money which these men happen to have

can be expended only under direction of the commanding officer.

For both officers and men special efforts are to be made to provide wholesome, enjoyable instructive pleasures and recreations; gymnastics, lecture halls, refreshment counters, schools, opportunities during leisure to learn trades, and many other plans are outlined for turning the lives of the soldiers into more wholesome channels than those afforded by the drink habit.

Surgeons are to give anti-alcohol lectures, and chaplains to form and encourage abstinence societies. Stereopticon and statistical and graphic illustrations are to be used, pictures and charts showing the evils of alcohol are to be placed on the walls of the barracks, anti-alcohol books in the libraries.

Obviously much of this work is laid out for times of peace when the great test will come of the permanent prohibition of the liquor traffic.

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### The Right of Treating

TAKOMA, Washington, U. S. A., has attacked the evil of intemperance by an ordinance prohibiting treating in saloons, the validity of which has just been upheld by the state Supreme Court. In meeting the argument that treating is an act of hospitality which should not be denied to free people, the court says:

"In our opinion, it is of no weight whatever in support of a practice which becomes recognized as a source of evil and a menace to public morality and good order. Just as the right to engage in the liquor traffic is not an inherent right in any citizen; neither is it an inherent right in any citizen to treat another in a licensed saloon which is under the control of the police, power being exercised by a municipality, as in this case. Whatever the right of the citizen may be elsewhere, he has no inherent right even to buy liquor at such a place."

As to the injurious consequences of "treating," there seems to be general agreement; it presses hospitality and good-fellowship into the service of vice, and makes the thirstiest set the pace for the rest. It will be interesting to hear how the ordinance works in Tacoma.—*Springfield Republican*.

# The Industrial World

## How an Electrical Company Solved the Drink Problem in Emergencies

The following article is written by a responsible officer of an important electric light company which prefers not to have its name used at present. The original signed statement is on file, however, in the records of the JOURNAL. As a practical method of preventing some evils of which employers frequently complain, it is commended to the careful attention of our readers.

ONE of the big questions that the electric light concerns have to contend with in cases of storms, fires or a burnout, is the labor situation. Previous to the great storm of 1913 we had more or less trouble with our men getting intoxicated during the severe strain they were under at the time. All these conditions mean that the men will be required to work long hours, and up to the time when we first started the Commissary, we always had to discipline some of the men for becoming intoxicated, and in a majority of the cases of trouble from year to year, we would have one or more fatal accidents, due to electrocution, falls from poles, or some kind of a transportation accident which resulted fatally to some person.

This storm was the most severe that the Company had ever witnessed. About 75 per cent of our entire system was out of commission. This storm started on Sunday. That afternoon the Company decided it would install a Commissary. Provisions were got together, a kitchen was established, blankets and pillows were provided, and that evening we were able to accommodate quite a few of our men. This Commissary was placed in our garage, which is centrally located, and as soon as the men reported at this point they were provided with hot coffee and food. We then placed one of the Company's physicians at this Commissary, and when any of them showed the least symptoms of being ill, the doctor was at hand to take care of all such cases.

On the following day we established two more Commissaries, one in the west portion of the city and the other in the east portion, and these were handled in the same manner.

We continued this work for about two weeks, during which time we were able

to restore the service to all of our consumers.

In the length of time it took us to restore service in previous storms and the length of time it took us to restore service at this time, there was only one thing that was different, as far as our organization was concerned, and that was the Commissary. We were able to take care of this trouble in less than half the time it would have required under the former method of handling such situations. We kept the men in the Commissary and when the work was such that they could sleep, they slept at the Commissary. In this way we were able to keep them as a unit, which, in this class of manufacture, is quite a consideration.

### No Intoxication Or Death

The Commissary was run twenty-four hours a day, and during the time that we had it going we served practically six thousand plates, and also served hundreds of gallons of coffee. The consequences were that we did not have a single employee intoxicated nor did we have a single employee killed.

About three weeks ago, we had a fire in our underground system which burned up the cables that supplied the entire business section of the city. This fire started about 2 o'clock in the morning, and the temperature was about zero. Long before this fire was out, we established a commissary tent for serving hot victuals to the men. By 9 o'clock the same morning the fire was still raging. We were able, through building some new construction, to supply the greater portion of the business section with electricity. This, of course, was done by temporary work. In less than two days the entire business section was supplied with light and power, and as far as the public knew, everything was going along as though nothing had happened. We immediately started on our permanent construction, which is going on at the present time. We now have a much larger



Commissary and are serving, on an average, two hundred meals a day.

### No Serious Accidents and No Intoxication

Instead of a "Water Boy" in our large gangs, we had a "Coffee Boy." Coffee was passed to the men on the job every two hours. Meals were provided for

them at the lunch hour as well as at the dinner hour, and to date we have not had any serious accidents nor have we had any men under the influence of liquor. We have credited the Commissary with a good portion of the praise that was due us for what we consider rapid restoration of service.

\* \* \*

## Methods of Abolishing Accidents

**D**URING the Round Table discussion at the Third Annual Safety Congress, Mr. G. K. Gibson, of the Consolidated Water Power and Paper Company of Grand Rapids emphasized the importance of teaching the men how to abolish unsafe practices.

### Accidents Unnecessary.

"It must be clearly demonstrated to the men," he said, "that there is no such thing as a 'necessary accident;' that a man who has an accident requires a guardian; and that business at a plant must be conducted without accidents. After getting at our men along these lines we had no accidents for the next two months; and this in face of the fact that our accidents had averaged eight each month for the previous half year."

Mr. H. B. Smith, Safety Inspector of the Illinois Steel Company, charged liquor with being the producer of casualties. "In May of this year," he said, "a notice was posted at our Joliet works, signed by the president and the general superintendent of the plant, signifying that it is the practice of the works to discharge men found drunk while in the plant, and that no promotions would be made from the ranks of liquor-users. This month we have started an individual campaign among the superintendents of the departments, whereby each superintendent or his assistant (not a foreman) is going to talk to every man in the department, and ask him if he will refrain from drinking while coming to the works; if he will abstain from coming to the plant should he have been out during all the previous night; and if he will use his influence with the other men to have them abstain from alcohol. As a general result of these tactics, many of the men have said: "This is one of the best things the company ever did for us.—it saves our money."

### Inducing Tipplers to Desist.

"We found that a great deal depended upon the methods adopted to get at the tipplers and have them desist. In the first place, our president and general manager wrote a letter to every man in the plant, heading it, 'A few words with our employees.' He then pointed out that the plant had come under the state compensation act, and that the company was obliged to pay for the loss that any man incurred through accident from whatever cause. Farther, that a man who was drunk while working in the vicinity of dangerous places or fast-running machinery was much more liable to mishap than an employee in his sober senses. Then a notice was pasted on the next fortnightly pay envelope; and on each pay-check the following notice was affixed, 'Don't cash this check in a saloon.' Three such checks came back with the indorsements of saloonkeepers on them. Our executive investigated these cases very carefully; and it actually turned out that the men were not to blame. They had, as a matter of fact, presented the checks for payment in ordinary shops, but the proprietors of these, being out of sufficient funds or ready change, had surreptitiously sent the checks to a nearby saloon for payment. We also explained our position regarding liquor to the merchants throughout the town, and secured their instant co-operation because they saw that their own bills against the men would be met more promptly."

Dr. B. L. Reitman: "What is being done to regulate the practices of the bosses and stockholders who drink while not permitting their workmen to do so?"

The Chairman: "I know that in many instances the higher officials of several companies are abstaining from alcohol; the practice is becoming more general."

## The Difference a Dry Town Makes to Efficiency

OUR town has a meat market operator who has some six markets in different parts of the town.

"Would you put the town back on a wet basis, such as we had before, if you could, Jerry?" I asked.

"Never," was the quick reply. "It's a plain matter of business mainly. My profits are 50 per cent. greater today than when the town was wet. . . ."

"My help became more efficient in every way. . . ."

"I could tell [when there were saloons] as soon as one of my delivery men was initiated at the bar. His work would begin to fall off; he would require a lot of watching. You see, 'booze' makes a man more careless with your prosperity and your money, less watchful and dependable. My workers, from delivery boys up, are immensely more efficient than when they could run into the saloons.

"I'm a lot more efficient myself. . . . My nips were very moderate. It took the contrast of no nips at all to show me that the stuff was having an effect on my ability to work and plan with a clear head. . . . I know that it cuts down efficiency no matter how well a man has his thirst under control."—Forest Cressey in *Ladies' Home Journal*, Jan. 1915.

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## An Accident Insurance Company on Drink and Accidents

THE Travelers' Insurance Company has issued two small handbooks on prevention of industrial accidents addressed respectively to employees and foremen, with the avowed purpose of enabling working men and women to avoid for themselves dangers to which they are exposed while making a living, or of suggesting to supervisors safeguards which employees can not well provide for themselves. Among the topics discussed is the relation of drink to work in the following suggestive paragraphs.

### When the Fraction of a Second Counts

Employees should avoid the use of alcoholic drinks of any kind during working hours or before them. This applies to beer, whisky and all drinks in which alcohol occurs. Alcohol dulls the senses, impairs the judgment, and makes the

nerves and muscles act more slowly. Abstinence during working hours is, therefore, important, because a mere fraction of a second often makes all the difference between safety and serious bodily harm.—From "The Employee and Accident Prevention."

### Drink's Impairment of Ability to Recognize Danger

Intoxicated persons should not be permitted to work about any kind of machinery or to loiter in the neighborhood of it, or about any place of danger. This advice is given not only for the benefit of the men who are intoxicated, but also for the protection of others from the consequences of the acts of such persons; and it applies not only to cases of gross and evident intoxication, but also to cases in which the persons under consideration are affected only to a slight degree, yet sufficiently to raise the question of their ability to perceive danger to themselves or to others, and to avoid it promptly and certainly. Cases of this kind often arise in which the foreman must exercise nice judgment in order to maintain discipline and ensure safety to all, without giving offense or subjecting any person to needless humiliation.—From "Foremen and Accident Prevention."

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## The Worker Who Drinks Must Go

UNDER this title *The Technical World Magazine* (Jan., 1915) compiles a breezy article on the rapid strides made by industry during the rapid two years in abolishing drinking among employees. The reason for this sweeping change is given in citing scientific experiments on the effects of alcohol upon efficiency which the JOURNAL has repeatedly published in the last ten years, while the Scientific Temperance Federation has been largely responsible for giving them wide circulation in the various publications which it has prepared, especially in the past four years. The following paragraphs are worth noting:

If America becomes liquor-free in the next generation—as some industrial leaders predict—it will probably be because of the drastic action of our industries which can not stand by and see large possible profits swallowed up by alcoholism.

Thick and fast during the present year (1914) industries have been lining up in



the efficiency campaign against the common enemy 'booze.'

This magazine could be crammed to the corners with these instances.

C. L. Close, manager of the famous Bureau of Safety of the United States Steel Corporation, a man who knows the social side of industry as few men do, declares his opinion that in ten years, through the combined effort of American industries, the manufacture and sale of liquors will be at an end in the United States.

What does it all mean? Have our industrial leaders been caught up in the swirl of religious revival? Has a moral renaissance begun to climb up through the hearts of our captains of industry?

Not a bit of it! They are as disinterestedly interested in the almighty dollar as they ever were, but their eyes have been opened. They see dollars, thousands, millions of them, slipping away, and they are going to stop the leak or know the reason why.

And here is the leak—exposed unmistakably by laboratory experiments.

The verdicts of the laboratory, of industry and of the nation against alcohol are the same. Because it is a breeder of inefficiency, it must go. And, in America at least, the prospect is that it will be driven out by hard-hearted, firm-fisted industry.

Already the American Foundrymen's Association has appointed a well-financed committee to campaign, in every State, for legislation to push back the saloon from the doorways of industrial plants! That will not satisfy industry. At the end of five years, probably, every great business will have its united forces against alcohol, and who knows but that at the end of ten years, the prediction of C. L. Close will have been realized and industry will have banished the manufacture and sale of liquor from the United States?

Apparently it does not matter very much whether we want this to happen or not. If industry wants it, it will come to pass. The best thing we can do is to hope that, when that added six billions saved by efficiency, is divided, we may come in for a share.

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## Alcohol In Lead Poisoning

BY A. A. HILL

Certifying Factory Surgeon, Tunstall, Stoke-on-Trent.

THE dangerous and appalling faith of our industrial classes in the stimulating, strengthening and nutritious qualities of alcoholic beverages

is perhaps nowhere better exemplified than in the implicit confidence of most of the potteries lead workers in "strong ale," especially "new ale." More particularly among the elder dippers and placers; the imbibition at every pause in their laborious and dangerous occupation of large quantities of beer as a safe and certain prophylactic against the inroads of lead-poisoning has been, for at least a hundred years, an article of simple faith, at once fascinating and destructive. If an unfortunate man has been crippled by paralysis or succumbed to acute plumbism, the clear and unanswerable explanation has been that he did not take sufficient of the specific.

I need scarcely remind you that all experts on the lead-poisoning question agree that alcohol is one of the most important adjuncts to plumbism, probably because of the chronic tissue degeneration it sets up by regular use.

W. T. C., a dipper, aged 30, has had four attacks of lead-poisoning. He both chews and drinks. He had well-marked tremors and paresis of both wrists, anaemia, anorexia, and a slight albuminuria; was certain that the beer he drank kept him from being compelled to stop work altogether. As he was a man of some intelligence I laid the facts before him, and induced him to give abstinence a month's trial; he did so, and finding himself better has kept it up for three years. Today tremors have disappeared, wrists are strong, appetite excellent, anaemia scarcely apparent, and he describes himself as a new man. The case is only one of several.

I have yet to meet a case of genuine lead-poisoning in an abstainer of any standing, but I have frequently a difficulty, both *ante* and *post* mortem, to distinguish between alcoholism and plumbism and to make up my mind where one began and the other ended. We know that lead has a predilection for the kidneys; so has alcohol, the granular kidney is a typical result of both poisons. The danger incurred by the drinking lead workers becomes more serious when we reflect that alcohol in immoderation destroys appetite for the morning meal, and that experience teaches us that the absorption of lead is far more active when the stomach is empty.—*Journal Royal Institute of Public Health, Vol. XVII, 1909, p. 726.*

# Scientific Temperance Journal

Founded by Mary H. Hunt.

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## One Reason Why the Smiths Woke Up

WHEN the national temperance education law was pending before the United States Congress in 1886, Mrs. Mary H. Hunt, its author, voiced this prophecy:

"The day is surely coming when from the school-houses all over this land will come trained haters of alcohol to pour a whole Niagara of ballots upon the saloon."

One of the present leaders of the national prohibition fight in Congress received his first impetus to battle against alcohol from the lectures received in his professional school required by that national temperance education law.

Those who marvel at the swift up-sweep of sentiment against drink the past five or ten years fail to realize that for nearly a whole generation now the children in the public schools and Sunday schools have been taught the facts about alcohol. They are, today, business men, intelligent workingmen, clergymen, editors, mothers of children, lawmakers. Millions of them have not themselves appreciated the influence upon them of this teaching, imparted, as the author of the instruction used to say, "When the mind is as wax to receive and as granite to retain." There can be no question that this teaching given quietly, often imperfectly has, nevertheless, so opened the minds of the present generation that when confronted with the fact of alcohol in the various relations of maturity they have reached the conclusion that drink

must go. "The waking-up of the Smiths" as this fact is facetiously described in a current magazine, is no sudden event, but an orderly, to-be-expected, predicted evolution.

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## The Alcoholic Witness In Court

THE witness summoned to give evidence in court who is an alcoholic or inebriate is liable to be unreliable. This has been the warning for some years of physicians connected with the American Society for the Study of Inebriety who had had long experience with the seasoned drinker, and far too little attention has been given their warning.

Dr. V. V. Anderson, of Boston, to whom are referred for examination from the Municipal Criminal Court persons arrested who are possibly defective, re-emphasizes this warning in a recent report (*Boston Medical and Surgical Journal* August 2, 1914) on one hundred consecutive cases referred to him from these courts for mental examination. Forty-five of these cases were persons who had been arrested for drunkenness; and six others were added to the group as "alcohol seemed to be the exciting causal factor in their conduct."

Dr. Anderson found that thirty-seven of these fifty-one persons were periodic drinkers whom he calls *inebriates*, that is, they had distinct drink paroxysms followed by periods of sanity and rational conduct.

The other 14 cases were called *alcoholics*, that is, "steady drinkers." A large proportion of them showed under tests mental deterioration which became more apparent the more careful and accurate the measurements.

### The Superficial Observer No Judge

The claim is often made, "So and so drinks and it doesn't hurt him." While it is true that these cases were those of intoxication, Dr. Anderson remarks that the test on all of them "showed evidence of poisoning from alcohol, *not that they evinced from casual observation* (Italics ours) any marked stupidity or mental degeneration; on the contrary, most appeared reasonably sane, and some even impressed one favorably.

The serious application of the condi-



tions Dr. Vaughn found in these drinkers to court cases in offenses where the question of alcohol might enter he sums up as follows:

"1. The defect in memory was very evident in all the cases. The derangement of the brain prevents the impression of the senses from being registered with any certainty, and thus varying degrees of memory impairment were present.

"2. The powers of perception and discrimination were distinctly impaired. The fine distinctions, the uncertainties, the doubts, characteristics of the average mind when confronted with the complex problems of daily life, give way in the inebriate and alcoholic to a certain positiveness that is misleading. *This type of individuals would become dangerous witnesses.*

#### "Why Doesn't He Control Himself?"

"3. It is quite clear," says Dr. Vaughn, "that inebriety and alcoholism do impair the sanity and integrity of brain and body, and that such persons do not possess the free will and ability for self-control that are ordinarily attributed to them."

Dr. Vaughn properly concludes that the court method of dealing with inebriates and alcoholics to be rational should be adapted to their physical and mental peculiarities.

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### ***Those Impure Liquors***

EVERY now and then one meets the old argument that it is the impure liquors that do the mischief. Let it be once recalled to mind that Prof. J. J. Abel of Johns Hopkins University, reporting for the Committee of Fifty stated, a dozen years ago, that investigation showed that the ethyl-alcohol is sufficient to account for all the harm. Ernest Gordon, in the "Alcohol Movement in Europe," quotes Bruylant as saying:

"Assume that all the impurities have a five-fold greater toxicity than ethyl-alcohol. Apply this figure to the impurest alcoholic drink,—the 'good cognac' which is the litre has 600 cu. cm. of ethyl-alcohol and 2.5 cu. m. of impurities. With the ratio of five to one, we get 97.9 per cent. poison from the ethyl-alcohol and 2.08 per cent from the impurities."

## Correspondence

### ALCOHOL A MISCHIEF MAKER

EDITOR SCIENTIFIC TEMPERANCE JOURNAL:

BEING very much interested in the subject treated in the Journal's leading editorial of October, I respectfully ask a hearing on the subject.

The question is, "How to exterminate the alcohol evil." It seems to me that the editorial referred to does not suggest a satisfactory means of fighting the evil. The liquor traffic exists because it is, and has been, the policy of the United States government for it to exist. License, and not prohibition, is the policy of the government adhered to by the dominant political parties. . . . As long as either party is in power, and continues its present policy of license, we shall have the licensed and protected liquor traffic.

Absolute prohibition, nation-wide, is the only way to exterminate the liquor evil. The only way to secure national prohibition is to change the policy of the United States government, that is, make it prohibition and not license. Now, how do we change the policy of government? By changing the administration, or in other words, by elevating to power a party which adheres to the policy of government which we wish to inaugurate. For example, if the people want high tariff, they elect a Republican administration, because the policy of that party is high tariff. If they desire to change the policy of government and make it low tariff, they change the administration, that is, elevate to power a party whose policy is low tariff, the Democratic party.

The present policy of government is license. The people desire prohibition. The way to get it is to make prohibition the policy of the government by electing to power a party whose policy of government is prohibition. It seems ridiculous to desire prohibition and continue the practice of elevating to power to political power parties whose policy of government is license.

(Signed) HOWARD E. KERSHNER.

### Why Education Is Fundamental

THE editorial which called out the foregoing letter remarked that ignorance

concerning the real effects of alcohol, deepened by its delusive quality of imparting a temporary sense of well-being, is the ultimate cause of alcoholism and the liquor traffic, and that a further letting-in of light is called for.

There was no intention of implying, of course, that education is the only thing to be done. But knowledge does lead to action, and in general when the people are convinced of the evils of any course affecting public welfare they can be depended upon to take the necessary action led by intelligent leaders who will gather up and focalize conviction at any desired point.

Hence without entering into the pros and cons of any question of political party, most readers will observe that education is after all the very crux of our correspondent's solution of the alcohol problem. How shall we change the governmental policy unless a sufficient number of voters are sufficiently well-informed and sufficiently convinced to agree to change it? As long as a majority of the voters in the United States believe that alcoholic liquors have a proper use as beverages, or that they are harmless except when used to intoxication, just so long will it be impossible to convince that same majority of the necessity of changing the "government's license policy" or of electing a party to change it. In colloquial parlance, "It can't be did," under our American form of government. Even autocratic Russia sees this and has provided for certain forms of temperance education to go along with her prohibition of vodka. Educate and convince the peoples as to the facts, by all means; gather up into action that conviction as fast as made, but the first is absolutely essential to the second.

After a century of temperance effort the two lines of action can now go on simultaneously, but with a constant influx of new voters from countries where prohibition was almost never heard of, and who believe in and demand alcoholic liquors, it is perfectly useless for us to expect to change the government license policy by legislation or by elevating a special political party to power unless this superstructure is built upon and buttressed by education as to why alcoholic liquors are dangerous to individual and public welfare.

## Alcohol a Mischief Maker

EDITOR THE JOURNAL

IN the November number of the SCIENTIFIC TEMPERANCE JOURNAL I read about the German atrocities in Belgium caused by alcohol. It is necessary to oppose to this the fact that the Belgians themselves are far more alcoholized than the Germans (absolute alcohol per head and year in Belgium, 13.5; in Germany, 9.4; number of saloons in rate to the population: Belgium, 1:36; Prussia, 1:206). Is it not more plausible that the armed assaults of the Belgian civil population against the German soldiers, which were not only against the right of peoples (Geneva Convention), but lacked all common sense, were caused by the extreme habitual drunkenness of this population, who also made "pogroms" against the Germans residing in Brussels and Antwerp at the beginning of the war? This seems more probable than the account you give from the *Daily Chronicle*, (Eng.) about the "gluttonous German," who "invariably" in every town makes his first visit to the wine cellars. Can one believe this about the best disciplined army of the world under authorities who had effected the mobilization under absolute prohibition of alcohol?

(SIGNED) JULIE KASSOWITZ SCHALL

VIENNA, AUSTRIA.

There is no doubt that accounts of so-called atrocities in Belgium have been enormously exaggerated or often entirely incorrect. Much that is cruel and barbarous is bound to occur in war, and the presence of alcoholic liquors is liable to invite to their use and incite to unlawful deeds. It would be strange if even in the best-disciplined army in the world there were not some who succumbed to the temptations of the numerous Belgian drink-shops. American press correspondents have noted some of these as well as the British papers, but we are glad to publish Dr. Kassowitz-Schall's letter as to the possible influence of drink on the other side.—Editor.

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### SO DID HE

"Do you know," said the successful merchant pompously, "that I began life as a 'barefoot boy?'"

"Well," said his clerk, "I wasn't born with shoes on, either."



## What Social Workers Say

### WHAT ABOUT THE FUTURE MOTHERS

A STUDY of Cleveland, (O.) saloons in 1913 revealed the presence of women and girls in 37 per cent. of them.—*The Survey*.

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### THE SALOON OUT OF DATE

THE saloon is the greatest anachronism of the ages. The next generation will look back in wonder that this institution was tolerated into the twentieth century.—From the annual report of Youngstown, (O.) Charity Organization Society, 1913.

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### ONE-THIRD OF MEN TUBERCULOSIS PATIENTS ALCOHOLIC

HAROLD Varrow, M. D., chief tuberculosis officer of Bradford, England, brings forward the interesting figures that fully one-third of his male tuberculosis patients have indulged in alcohol immoderately. He calls attention to the fact that alcoholism is associated with late hours, irregular feeding, the frequenting of ill-ventilated, foul-smelling public houses

According to the *Boston Transcript* which reports this item, Dr. Varrow also urged temperance societies to wage vigorously their campaign against alcoholism as a true public health measure.

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### WHERE THE PENITENTIARY GETS ITS SUPPLIES

THE total number of inmates today (August 19, 1914) is 1,630. A straw vote of the inmates who would vote to abolish liquor if they were given the chance resulted as follows:

Out of the 1,350 male inmates within the walls, 887 voted dry; the balance of 463 either refused to sign or did not care to have their names on our files.

There are confined in this institution 57 men charged with non-support. Out of this number, 34 say the downfall was caused by drink. From these cases there are 177 children and 57 wives that are placed on the mercy of the charitably inclined of the state.

Of 1,630 inmates of this Ohio State Penitentiary (Columbus, O., 1,458 (88 per cent.) claim that drink caused their downfall.—Official Statement, Aug. 19, 1914.

### THE BETTER THE TIMES, THE GREATER DRINK'S HAVOC

WITH nearly four hundred saloons in the city, it is needless to say that there is plenty of work for the charities. It seems to be true that with good industrial conditions, the greater the havoc wrought by this agency, since, with more money to spend more men will drink immoderately, lose their jobs, desert their families or fail to support them until arrested and placed under sentence at great expense of the county. So it appears that these "good times" have produced "bad times" in this particular, in that there have been more desertions and non-support prosecutions than ever before in the history of the city. In the large majority of cases dealt with intemperance has been the primary cause of the application and in most cases of others it has been the contributing cause. Through the intemperance of the bread winner, many large families have been rendered temporarily destitute in addition to the 78 instances dealt with where the man deserted his family and left the city.

Each year the reports of the charitable and correctional agencies are showing a clearer recognition of the fact that intemperance is the greatest cause of human misery and, with the employers, in all lines, discarding the drinking man, it is to be hoped that the end of the saloon business is near at hand. In seeking the causes of crime and dependency surely this is the place to begin.—From the Annual Report of Youngstown (O.) Charity Organization Society, 1913.

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ORGANIZED labor believes in steady work and greater efficiency. The saloon decreases a man's efficiency, and lessens his chance of steady employment.—Charles Stelzle.

WE NOW know not only that we are our brother's keeper, but we know how to keep him. The devils are not to be cast out; they are to be kept from getting in.—Homer Folks.

FOR every man in whom heavy drinking causes absolute insanity, there are twenty in whom it injures the brain and lessens the capacity for work.—Dr. T. C. Clouston, University of Edinburgh.

## World-Wide Notes

### PRESSURE OF RUSSIAN LIQUOR DEALERS FRUITLESS

THE liquor dealers, restaurant keepers, wine-growers and distillers have been bringing all possible pressure to bear upon the city councils of Moscow and Petrograd, according to press reports of January 1, for authorization to sell beer and light wine. But the Councillors rejected the proposal by a vote of more than four to one and followed the rejection with a sudden order between 6 and 8 o'clock in the evening, that absolute prohibition would begin the next day. This order was delivered so unexpectedly that there was no time for laying up supplies against the final closing, which doubtless was also due to the wise planning of the ruling powers.

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### CRIME DECREASING IN LONDON

A REMARKABLE decrease in crime is reported from London. At the present session of the Central Criminal Court not a case of murder or manslaughter was presented. A similar decrease, but of far less degree, occurred during the South African War. A London magistrate offers as an explanation the existence of a real public spirit among the so-called criminal classes. Like honest citizens, they are impressed by the war conditions which make it every man's duty to give as little trouble as possible. The London correspondent of the *Journal of the American Medical Association* has twice referred in his letters to the earlier closing of the saloons as an important factor.

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### FRANCE COMING ON

GAINS in liquor legislation in France appear to be making progress similar to that reported from their trenches on the firing line—little by little. A recent report announced that the prohibition of absinthe and similar liquors proclaimed for France early in the war had been extended to the North African provinces. Still later, (Associated Press dispatch), comes the news that the cabinet has approved a measure making perma-

nent the prohibition of these liquors. The government finds that the military decree forbidding absinthe affects the population beneficially. A slight restriction on the sale of spirituous liquors is also under way in the form of a bill, approved by the cabinet, which provides that no licenses shall be issued to new establishments for the sale of spirituous drinks unless accessory to a restaurant.

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### THAT CROWN PRINCE TELEGRAM

THE telegram sent from the German Crown Prince's headquarters to Berlin asking for a consignment of rum and arrack for his army was a source of much joy to the liquor interests, which had suffered much loss of trade from the strict prohibition regimen of the days of mobilization. Immediately upon the receipt of the telegram, the trade proceeded to get the greatest advantage from it possible. The German Liquor Dealer's Association organized a spectacular shipment of liquors to the front, where the Crown Prince had good-naturedly promised to receive it personally. They had great signs made bearing the text of the telegram which they put in their show windows and used it in big advertisements in the newspapers.

Their jubilation was somewhat dampened when the president of the German Society Against Intemperance received and published a letter from the Crown Prince's headquarters in which it was stated that the liquors were not intended for beverage use but for medicine. The Prince took occasion to assure the President of the Temperance Society of his deep interest in the work of that organization, and soon afterward the head of the Good Templar order received a letter containing a similar assurance. Further articles from military sources began to appear in the papers warning against the misuse of the telegram and also cautioning the people about "treating" wounded soldiers when at home for convalescence. Any use of alcohol, it is declared, is injurious to the health of such soldiers and slows the healing of their wounds. There is no sorrier spec-



tacle than a drunken man wearing the gray coat of the king's service.

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### ALCOHOL IN PUBLIC HEALTH PROBLEMS

SWITZERLAND had a National Exhibition in 1914 which presented a complete picture of life within the borders of that interesting little nation as to commerce, manufactures, agriculture, arts and crafts, science, education, banking, philanthropy and many other activities. Among other exhibits the Federal Bureau of Statistics and many cantonal and municipal authorities supplied exact figures relating to hygiene and public health. Hygiene of the individual and of the home and school, the fight against infectious disease, consumption and alcoholism were some of the topics illustrated in great detail by statistics, models, diagrams and instruments.

There are said to be more than 2,500 voluntary philanthropic societies in Switzerland.—*Progress*, July, 1914.

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### CALIFORNIA AS A WINE-PRODUCING STATE

BY SENATOR WM. E. BROWN

TO BEGIN with, we must differentiate between the grape industry and the wine industry, for not all grapes are converted into wine.

From the report of the State Board of Equalization of 1912 the following facts are quoted:

1. Total acreage planted to grapes of all kinds in California, 339,966 acres.
2. Proportion planted to wine grapes, 49 per cent.
3. Proportion planted to table grapes, 18 per cent.
4. Proportion planted to raisin grapes, 32 per cent.

Thus less than half of the grapes produced in California are used for wine. This leaves for consideration only one-half of the grape crop. In passing it may be of interest to know that the wine traffic in California is a mere bagatelle as compared with the balance of the state's industries. The value of products of vinous liquors for 1909 was \$8,937,000, and for all industries \$5,761,000. From these figures (taken from the Abstract of Census—California Supplement) it will be seen that the wine traffic amounts

to only a little over 1½ per cent. of the total industries.—From an address before Los Angeles Woman's Club—*Out West Magazine*, July, 1914.

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### SALOONS MUST MAKE DRUNKARDS TO LIVE

EXAGGERATION of figures is frequently charged against the anti-saloon campaigners. But what statement has ever been devised and circulated by them as startling as the report privately made to his firm of distillers by one of the most experienced whisky salesmen in the country? "Regardless of population claims," he writes, "there is in this city of 400,000 inhabitants one saloon to every hundred people. Allowing that 20 per cent of the population are adult, liquor-consuming men, this gives one saloon to every twenty customers not females or minors." No snap judgment or careless estimate is this. It is the painstaking reckoning of an expert sent to one of the large western cities to make a house-to-house canvass and report why his employers' brand of whisky was not selling satisfactorily. Even allowing, on a more shocking hypothesis, that the male adult patronage of the saloon is but 50 per cent. of its total, and is equaled by the trade to women and children, this sums up to but forty patrons to a liquor store. The inference is beyond doubt or question. Only by enormous consumption of alcohol per capita can saloons contrive to live from so slender a clientele. In intoxication lies their livelihood. They must "stimulate" trade constantly in order to exist. Of the making of many drunkards there is no end under our American system.—*Collier's Weekly*.

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### A PEOPLE'S DESTINY

WHO will take up the subject, "Alcohol, Agent of National Decline in a Democracy?"

The destiny of that people which is unable to react against a moral and physical degeneration accepted in exchange for a degrading pleasure is sealed. All men of good will without distinction of party should unite in a common effort for the relief of the country threatened at so many points and at one time.—Georges Clemenceau, ex-Prime Minister of France.

## Teachers and Pupils

### Employee Wanted

**B**UT the young man who wants to get this job must not drink if he wants to be employed by most of the great railroads.

"Drinking will now spell prompt dismissal for you if you are an employee of the Hersey Chocolate Company, International Harvester Company, Sherwin-Williams Company, Sheffield Car Works, United States Steel Corporation, Western Electric Company, Pullman Company, Edison Company, Western Union, Interborough Company, Standard Oil Company, or any one of a thousand other American firms of the first rank.

"Sears, Roebuck and Company forbid employees entering a saloon at any hour of the day within a mile of their plant in any direction.

"Dalzell Brothers' Company declare that 'as the state insurance rate is affected by the number of accidents, we are determined not to place ourselves liable to an increased rate'—and they accordingly rule that promotions shall go to total abstainers only.

"On March 27, 1914, a sweeping order was issued by the United States Steel Mills, covering the entire Mahoning Valley, to the effect that hereafter all promotions would be made only from the ranks of those who do not indulge in the use of intoxicating drinks.

"Only a few months ago, the great steel mills of Homestead, Pennsylvania, employing twelve thousand men, decreed that not only would drinking be prohibited during working hours, but that even the slightest intemperance while off duty would be cause for immediate discharge."

So says *The Technical World Magazine*, (Jan., 1915.)

Boys and Young Men Take Notice.

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### Drink and Baseball

**H**UGH S. FULLERTON, writing to the *Toledo News-Bee*, gives some interesting information on the effect of so-called moderate drinking on baseball players. His articles show how drink will unfit a man for whatever

work he engages in. Let Mr. Fullerton tell his story in his own way:

Children, let us have a temperance lecture in figures.

You don't want it? Well, we'll have it anyhow.

It was not started as a temperance lecture at all. It was started by an investigation to find out how long baseball players last in "fast" company. I took the baseball guide of 1904, made a list of players, and followed them through the successive guides up to 1914.

Then a peculiarity of figures interested me. From the major league roster of 1904 I selected the names of thirty players who drank intoxicants and thirty who did not drink, choosing only those who were known by me as drinkers or abstainers. I traced each one to see what has become of them. Here is the table:

	1904	'05	'06	'07	'08	'09	'10	'11	'12	'13	'14
Drinkers ...	30	26	20	15	9	4	4	2	2	2	2*
Non-drinkers	30	28	28	24	21	16	12	10	9	9	8

\* One quit drinking.

Mind, these men are classed as "drinkers," not drunkards. Not more than four called drinkers ever were drunkards. They were "moderate" drinkers. Several of the non-drinkers had occasionally taken a drink, but were not drinkers. The others were total abstainers.

The figures interested me so much I investigated as to their present physical and financial welfare. This resulted in another table:

	Down and Out	Medium	Prosperous	Unaccounted Dead	For
Drinkers .....	8	5	3*	9	5
Non-drinkers ..	1	9	16	2	2

\*Two of them still in game.

Most of these statistics in the second table came from either talking with the players or from letters they wrote in reply to my queries. Five of the drinkers responded quickly and asked for a loan.

I could not ascertain all the causes of death. Here is the result of the effort in that direction:

Non-drinkers—Appendicitis 1, pneumonia 1.  
Drinkers—Kidney diseases 4, consumption 1, suicide 1, accident 1.

The other two dropped out of sight before they died; one a bum and the other reported in care of old friends.



## Time To Do What He Likes

BY SAMUEL G. BYTHE

**A** NON-DRINKING man is the master of his own time. If he wants sociability he can go and get it, up to such limits as he personally can attain for himself in his water-consuming capacity. A drinking man is not master of his time. He may think he is but he is not. He is the creature of a habit that may be harmless, but which surely is insistent; and the habit dictates what he shall do with his leisure.

Time! Why, such new vistas of what can be done with time that was wasted in former years have opened before me that time seems to me the greatest luxury in the world—time that was formerly wasted and now is used.

Take books—though books may not be a fair test of time employed in my case, for I always have read books in great numbers—but take books. In the past three years I have read as many books—real books—as I read in the ten years preceding. I have read books I was always intending to read, but never got round to. I have kept up with the new good ones and have helped myself to several items of interesting discovery and knowledge that in the old days would have been only discoveries through newspaper reports. I have developed a good many half-facts that were in my mind. I have classified and arranged a lot of scattering information that had seeped into me

notwithstanding my engagements with the boys.

I have had time to go to see some pictures. I have had time to hear some music. I have had time to visit a lot of interesting places, such as great industrial concerns and factories, which I always intended to see but never quite reached. I have had time to make a few investigations on my own account. I have met and talked to a large number of people who were formerly outside my range of vision. And I have done better work in my own line—I have more time for it.

If I have lost any friends they were friends whose loss does not bother me. I find that all the true-blue chaps, the worthwhile ones, though they look—in most instances—on my non-drinking idiosyncrasy with amused tolerance, have not lost any respect or affection for me, and are just as true blue as they formerly were.—*Saturday Evening Post*.

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## Where the Scientist Confirms the Practical Man

ALCOHOL diminishes the rapidity of thought, makes the imagination and power of reflection commonplace and deprived of originality, acts upon fine and complex sensations by transforming them into coarse and elementary ones; provokes outbursts of evil passion and dispositions, and in this way predisposes men to strife and crime and upsets habits of work and perseverance.—Professor Sikovsky, St. Petersburg.

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## Forward Looking In Temperance Reaching

By CORA FRANCES STODDARD, Boston, Mass.

**T**HE successful teacher will have at command ready knowledge of the facts which the science of the past quarter-century affords, showing not only that many old beliefs about alcoholic drinks are untrue, but why they are untrue. "Teach by facts, not by exhortation," must be the key-note of Sunday School and public school temperance work. When it becomes a "bore," it is usually because the teacher is short on facts and long on moralizing.

We are richer in facts than we used to be. The old, appalling stories of the tragedies of drink are still with us written in

every neighborhood and in every daily paper. But science and business and social studies are giving us a wealth of new facts that can be intimately related to life.

First among these are what may be called the practical facts of every-day life.

### The Appeal of Sports

There is no quicker way of winning the attention of the average boy than through his interest in athletics. Here, baseball and football, running, walking, swimming and shooting all afford splendid illustrations from noted athletes of the value of abstinence, and of the growing recognition of its importance. The baseball manager of the championship team who five years ago

\*From an address at the Massachusetts State Sunday School Convention, Nov 12, 1914.

might take on a promising youngster even if he drank a little, but who will not bother with him today, is likely to be one of the boy's athletic heroes, and will be listened to. The physiological reason can and should be deftly woven in behind the concrete example. Gather into an "athletics envelope" all that the daily, weekly, and temperance press have to relate on the abstemiousness of athletes in all branches of sport, and there will be material enough for more than one temperance lesson to be crowned with Paul's matchless illustration of the Christian athlete.

### **The Appeal to Efficiency**

It is only fair to young people that before they enter the world of industry they should know that drink will be a handicap to them there, that alcohol only makes hard work harder, requiring a greater expenditure of energy and a longer time to do a given piece of work.

### **The Appeal to Safety**

Temperance teaching can be linked to the "Safety First" campaigns. The railroads of America already afford a supreme illustration of the effort to prevent accidents due to alcohol. Future employers with responsibility for the safety of their men, future employees, with a responsibility for their own safety and the success of a business, ought to know that alcohol dulls the perception of danger, of judgment as to how to avoid it, that the drinker is more liable to accidents, to be longer in recovering from them, or to death as a result; that the sober workman, even, is always in danger from the drinking workman.

### **The Appeal to Public Health**

Temperance teaching can be linked to public health campaigns like those against tuberculosis, child mortality, insanity, social impurity. Our future parents, citizens, nurses, doctors and boards of health need to recognize that the alcohol question is a great public health question, and therefore that it must be dealt with in the same regard for public welfare and race integrity, with the same common sense that we use in the protection of cattle or sheep from epidemic, or in protection of human life from other disease.

### **Training the Philanthropist and Social Worker**

Future philanthropists and social workers need to be taught to look clearly and

straightly at the part alcohol plays in the social misery for the relief of which money and human lives are being freely poured out. So taught, they will not dodge drink as a cause of misery, but will see with one of the German students of the question that "If the alcohol question were solved, there would still remain other social questions to be solved, but as things stand today, no other question of social welfare can be taken up with the prospect of securing effective results until the alcohol question is solved." (Popert.)

### **The Facts of Inspiration**

There are also what may be called facts of inspiration. Sunday School scholars should be helped to feel the thrill and sweep of a great, throbbing, progressive movement for human welfare all around the world. It is time we took it in their thoughts from the realm of crankdom, teaching them to watch sympathetically its great events in this and other countries. Bring them into touch with the statesmen, leaders in all classes who have thrown themselves into the conflict against alcohol. Teach them something of the lives of the great men and women of the movement. Help them to realize the nobility of the genuine sacrifices and endeavors which have gone into a century of effort against alcohol. "There are better battlefields than those on which men's bones lie bleaching." In our search for "moral substitutes for war," we may teach the stories of this moral and hygienic war of today with its heroisms, its opportunities for bravery, for service to humanity, for the Twentieth Century chivalry which holds that "there is no discharge in this war" against alcohol until it loses its grip on the human race.

Above all, teach the fact of personal responsibility, that we are our brother's keepers, "that no man put a stumbling-block, or an occasion to fall in his brother's way;" that "It is good neither to eat flesh nor to drink wine, nor anything whereby thy brother stumbleth or is made weak."

### **When to Use the Facts**

No hard and fast rules can be laid down as to when in the pupils' life certain facts should be taught. Temptation or the object lesson of drinking habits begins so very early with thousands of children that teaching should be both anticipatory and immediately helpful. There may be a se-



lection among facts, however, for the various ages.

### Early Childhood

Up to eight years of age, we may use what may be called preparatory facts and methods of instruction. Pictures may be shown of grapes, apples, wheat, corn, God's good gifts, and on other cards pictures of whisky, wine, cider, etc., what man makes of these gifts. The simple story of the change made in these good gifts by fermentation can be so told that even young children can understand why, though the apples are good to eat, the cider is not good for them to drink. The story of how the dogs' play and work was injured by alcohol, (Prof. Hodge's experiments) conveys a lesson that later will be amplified. Simple memory gems may be taught.

### The Adolescent Period

Between eight and fourteen years of age is the time to use the facts of athletics, the effects of alcohol and tobacco on scholarship. Prepare pupils for entering the industrial world by teaching the facts showing how and why drink is a handicap to industrial efficiency and success. The simpler facts of alcohol's effect on personal health should be taught here. This, too, is the age of hero worship, the time to teach the sayings and deeds of great men in regard to drink—Nansen, Peary, Edison, Gladstone, Lincoln, the kings of Sweden and Germany, presidents of the United States, etc., the heroes and heroic deeds of the temperance reformation. Begin to teach the progress of the abolition of drink by maps, etc. Each class may be made responsible for presenting certain groups of facts to the whole school.

### Young Manhood and Womanhood

From fourteen to eighteen years of age, there should be a thorough study of the facts showing the relation of drink to business and industry as it affects skill, precision, endurance, accidents, its deceptiveness and dangers in social life both to young men and young women, the responsibility of girls and women in encouraging young men in abstinence or in making alcoholic liquors a part of social hospitality, the relation of alcohol to impurity in breaking down the judgment and self-control that normally govern men and women, its effect in increasing special health problems like tuberculosis, insanity, child mortality.

Toward the end of this period, and in

succeeding years, young people should be carefully taught what is known as to the hereditary effects of alcohol, the responsibility for succeeding generations, the cost of drink to the home, its effect on home life. All these topics in this period can be turned to prepare these young people to consider as adults what the alcohol traffic means to the nation, in waste of lives, of abilities, of wasteful expenditure, and therefore be led to understand the reasons for its abolition.

### Adults

For adult classes all the preceding topics can be amplified to discussion of the problems which adults meet, such as the disorganization of business by the drinking workman, the disadvantage to labor itself of alcoholic indulgence, how demands for labor and the utilities of life would be increased by the abolition of the use and sale of alcohol, the expense in taxes of the use and sale of drink in the community, the large return to labor in industries other than the alcohol industry, what drink means to public health, to charity, to other wide social problems; problems of legislation and law enforcement; what to do about it. Sunday School temperance work naturally falls into three divisions—teaching, inspiring, *doing*. Many a Bible class has proved itself the centre of splendid activity against drink and the saloon. As one Canadian liquor advocate related of a contest through which they had passed, "We could handle every bunch of men except that Bible class lot. We couldn't do a thing with them." Many adult classes have taken up educational temperance work by providing a large bulletin board outside the church on which are placed striking posters illustrating the scientific facts about alcohol.

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### HOW ABOUT UNCLE SAM

A man named John Bull is reported to have been such a thirsty soul that he laid himself under a cask of beer, turned on the tap and let it run down his throat. Everyone agreed that he must not be allowed to kill himself, but they disagreed as to how he was to be prevented. At last a sensible man quietly turned off the tap.—*Beacon Light*, London.

The history of humanity is that of a standing battle between ideas and interests. For the moment, the interests always win, but in the long run, the ideas.—Castelar.

## From the Medical Magazine

### THE LATER MEDICINE

THE old idea of "something to take" when the human machine is out of order is being replaced by the idea of "something to do."

Where it used to be "sherry and bitters" before dinner to spur a sluggish appetite it is now more exercise and less over-eating.

For those who ask for proof that the newer way is the better, Dr. A. J. Carlson\* relates the results of experiments made to test "The Supposed Action of the Bitter Tonics on the Secretion of Gastric Juice in Man and Dog." He found that when the usual quantities of any of the classic "bitters" are introduced into the stomach without coming into contact with the nerves of taste they have no effect upon the manifestations of hunger. If larger quantities are thus introduced, hunger is checked.

When the usual quantities are taken by the month, there is an increase in the hunger signs; but the effect is like that of any savory substance. The experimenters found nothing to indicate that the bitters increased digestive efficiency.

Without drawing conclusions from a single set of experiments they may be taken to indicate that the bitter principle, at least, of many of the popular "appetizers," may be dispensed with without loss.

The alcohol which is contained in many of the favorite appetizers, has frequently been weighed in the experimental scales and found wanting.

But before concluding that there is no hunger stimulant in the alcoholic stomach bitters there is one other ingredient to be examined—water.

Several recent investigators, according to the *Journal of the American Medical Association*, have demonstrated that water either cold or hot is an active stimulant of the digestive fluids, that it increases both their quantity and their strength. The degree of stimulation was found not to depend upon the quantity used. A small amount in some instance produced a

more pronounced effect than larger quantities in other tests.

A very natural supposition here is that the aid people have thought they received from alcoholic bitters could have been obtained just as well and perhaps better from water alone.

The final conclusion reached by the writers is that the best way to improve an imperfect digestion is not to resort to drugs but to regulate properly one's work, rest, and diet.

\*

### THE UNDERGROUND TRAFFIC

ANOTHER acquittal of prohibition from the charge of promoting drug-taking has just occurred in New York City. An active campaign against the illegal selling of drugs is there in progress and within the space of three days, according to a report in the *Journal of the American Medical Association* three large sources of supply have been located. One lot valued at \$10,000 consisting of 157,000 pills and 37 boxes of powder was seized on the East Side. Steamships have been traced engaged in bringing it over from Liverpool. The Adriatic recently docked with 100 cans of opium in her hold, valued at \$50 per can. In the Harlem district a number of persons were arrested for selling cocaine to school children.

Several deductions may be drawn from these news items:

Drug selling flourishes in wet as well as in dry territory and equally where there is an equal proportion of ignorant, and, therefore, of exploitable population. Reports of drug users in the South give prominence to the negro; in the North to the inhabitants of New York's East Side and to school children.

Commercialism, not natural craving, is the mainspring of the demand for narcotic drugs, alcoholic liquors included.

Commercialism finds its strongest allies in custom and in false ideas as to the beneficent effects of drugs as medicines or pleasure. Only the instinct of imitation, the powerful factor in custom, can be credited to nature. Prohibition of drug-selling does not absolutely prohibit

\* *Journal of the American Medical Assn.*, Jan. 2, 1915.



the traffic. The alternative is not to abolish the legislation which puts the unscrupulous trader within reach of society's means of self-protection, but to contract his market by teaching the people the

\*

### RELIABLE ADVERTISING

THE *New York Tribune* has taken a stand in regard to patent medicine advertising which, if followed by the press generally, will do much to protect the public from the unscrupulous drug-sellers who keep alive the erroneous idea that health is maintained by taking something rather than by doing something.

The *Tribune* announces (according to the *Journal of the American Medical Association*,) that it will guarantee its readers against loss or dissatisfaction through the purchase of any wares advertised in its columns. This policy, consistently pursued would bar from newspaper advertising whisky as a health preserver and beer as food, tonic and stimulant.

\*

### INSANITY IN THE PRESENT ARMIES

THE prevalence of insanity in the Russian army during the war in Manchuria gave rise to the fear that a like condition would occur in the present war. This fear, according to the Paris correspondent of the *Journal of the American Medical Association*, (Jan. 2, 1915) has not been realized. Cases of insanity caused by the war are very rare at present, either among soldiers and civilians. The reason given by the Paris correspondent is the incomparably better nutrition and hygiene of the troops than prevailed in the Manchurian war. No mention is made of the possible effect of the absence of alcohol at the present time, but since the improvement is reported among the civilians as well as among the soldiers of Russia, and as the prohibition of alcohol extends to civilians as well as to soldiers and no reports have been made of incomparably better conditions of hygiene and nutrition among the people except such as have followed naturally from the prohibition of alcohol, the inference can scarcely be avoided that the decrease in insanity is undoubtedly closely connected with the widespread discontinuance of alcohol.

On the other hand the Berlin correspondent of the *Journal of the American Medi-*

*cal Association* reports that a professor in that city has recently given an address on mental disturbances in the war in which he refers to the large numbers who have been thrown out of mental equilibrium either on account of apprehension or a slight wound or exertions of the campaign. He believes it is not so much a matter of mentally sound men, becoming insane under the mental and physical demands of war as it is the outbreak of latent tendencies to nervous unbalance among men who are excluded from the army in times of peace. On the general population the emotional strain attending the mobilization is not without effect, and in the army where of such strain are added lack of sleep and other hardship the effects are observable. No attempt is made to cite statistics but seventy cases are reported of soldiers and officers treated since mobilization at the clinic with which the professor is connected. Sixteen per cent. of these show alcoholism.

A question for subsequent investigation will be the comparative rates of mental breakdown in the Russian army and home population, where alcohol was everywhere prohibited from the beginning of mobilization and the rates among the German armies and civilians where the prohibition was limited chiefly to the railroad stations during the days of mobilization, and similar rates among the English at home and abroad as the sale of liquor in England was not restricted except by unusual limitations as to hours for selling.

\*

### THE DETECTIVES BURDEN IN A GREAT STATE

FEEBLE-MINDED patients numbered 2,701 in the two Massachusetts State Hospitals, Nov. 30, 1913, according to the statement recently issued by the newly-formed Massachusetts Society for Mental Hygiene (802 Barristers Hall, Boston, Mass.), while the number of feeble-minded needing public care was conservatively estimated at 10,000. Several hundreds are still cared for in almshouses.

There were under treatment during the same year in Massachusetts state and private hospitals 889 epileptics, 1,444 inebriates, 18,971 insane, a total of 24,005 in four defective classes. The cost for maintenance was \$4,284,919.71. This does

not include the loss in educating and rearing those who become thus incapacitated, or the loss in earning capacity.

"Much of this is avoidable. Each of the three great causes producing the above toll is fundamentally preventable," says the report.

While not named as such, alcoholism is, of course, one of these causes and should properly receive careful attention at a part of the work of this new organization whose purpose is to combat mental disease by preventive methods which are largely educational.

The average proportion of insanity to population in 1910 in three states which for several years had prohibited the sale of alcoholic drinks, Maine, North Dakota and Kansas, was one person in every 627; in Massachusetts in the same year it was one in every 290. In 1913 the proportion in Massachusetts was one in every 210. Making all due allowance for differences in population, the reduction of the alcoholic factor in the three prohibition states cannot have been without effect in producing this difference.

\*

### AVOIDING CAPITAL WASTE

IF any given reform is calculated to really make the great body of social units not only more thrifty, but more physically vigorous, and so in every respect more valuable economically—we do not refer to the saving in our outlay

for alcoholists and their posterity in hospitals, asylums and prisons—that reform in the long run can not be held back on fiscal grounds. If citizens generally should abandon alcohol voluntarily, they would put the state in temporary difficulty, though there would be no economic injury, rather the reverse.

The state, from an economic point of view, can as little allow its human capital to be laid waste as its capital in standing timber. The old pagan, Varro, in his famous book on agriculture, warns Roman landowners against utilizing their high-priced slaves in malarial regions where they might die. He urges, instead, the use of 'free laborers who have no value.' From the point of view of political economy we all have value and are high-priced, even though we are not slaves.—Prof. Thyren, in the Swedish Parliament, February 23, 1910.

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### A CORRECTION

A SLIP somewhere made the writer say on page 77 of the December Journal, "Ask almost any group of college graduates twenty years of age, etc." The sentence should have read: "Ask almost any group of college graduates of twenty or more years' standing how much they really know of the facts of alcohol and the truth of this statement [as to ignorance of the far-reaching effects of drink] will be apparent."

## The Library Table

**A STUDY OF FOODS.** By Ruth A. Wardell and Edna N. White, Boston: Ginn & Company, 12 mo., 174 pages, \$.70.

To know what to eat, how to prepare it, and how to calculate the cost of a properly balanced ration so that whether the food allowance is large or small the essential food elements will be rightly adjusted, is a very important part of the science and art of right living. A very convenient handbook for supplying a part of this valuable knowledge has been furnished by Miss Wardall, head of the Home Economics Department of the State University of Iowa, and Miss White who occupies a similar position in the University of Ohio. Without being a cook-book in the ordinary sense, it gives enough directions for the preparation of the different kinds of food to illustrate the principles involved, such as

the effects of heat and methods of handling. It discusses the nature and adaption of the different food materials and the comparative cost. It is a good guide both for the home and for the teacher of the school cooking class.

**ESSENTIALS OF HEALTH.** By John Calvin Willis, A. M., Ph. D., M. D., New York: American Book Co., 12 mo., 302 pages, \$.40.

The plan of the book is to present in outline the essential facts concerning the parts of the human body and its care. This leaves many statements to be developed and verified by the teacher who uses the book as a guide. The dogmatic assertions often necessitated by this plan of treatment may escape challenge in the physiological parts while they arouse it in the less generally understood portions re-



lating to the use of alcohol and tobacco. For this reason a little further development of some of the statements on these topics, or references to their sources would have been an advantage. An "Outline Summary" which follows each chapter is a feature to which the author calls special attention. It is not only a summary but an analysis of the subject-matter, a lesson-plan and an order of class work.

**THE BOYS AND GIRLS OF GARDEN CITY.** By Jean Dawson, A. M., Ph. D., Boston: Ginn & Company, \$.75.

The interest which a group of children can be led to take in personal hygiene and public sanitation is here illustrated in story form. The boys and girls of Garden City are children of a neighborhood who have banded themselves together on the plan of a city government. Through their "Board of Health" they became keenly interested in the problems that are occupying their elders, such as the causes and prevention of common kinds of sickness, malaria and destruction of mosquitoes, disease germs and their breeding places, the extermination of flies, the proper care of milk and of babies, and practical work in cleaning up city slums and teaching the children of the poor the elementary lessons of personal and family hygiene. The harmful effects of alcoholic liquors and their relation to disease resistance are not forgotten. The author shows clearly how the play instinct can be utilized, guided and developed through exercises that tend inevitably to advance their future social efficiency. The book should have a place in the school library and the school class room as a suggestion and stimulant to other boys and girls to go and do likewise.

**FREE WILL AND HUMAN RESPONSIBILITY.** By Herman Harrell Horne, Ph. D., New York: McMillan Company, \$1.50 net.

For those who find recreation in debating the questions that center about free will and human responsibility, Prof. Horne's treatise covering both sides of the issue, with its outline history of the long debate and its application of the opposing theories to the springs of action, will be a source of enjoyment.

The book is an outgrowth of the author's class exercises in philosophy in Dartmouth college, where the students do the thinking under the instructor who tells them not what to think but how. "Philosophy can not be learned, it must be thought" is the author's motto, and his book as well as his class-room work is directed toward thought stimulation.

**THE SECRETS OF SUCCESS FOR BOYS AND YOUNG MEN.** By B. J. Kendall M. D. Published by the author, Geneva, Ill., \$.25, paper; \$.50 cloth.

As a foundation for success the author begins with health, the phase of health which young men are apt to jeopardize through ignorance and false ideals. The first three chapters are given to sex hygiene. Then follow chapters of good advice on heredity, intemperance, essentials of business success and "business maxims." Encouragement as well as precept is contained in such statements as the following:

"There are more good opportunities for young men capable of filling those positions. The demand is greatly in excess of the supply.

"Important positions are constantly open to the right kind of young men, but they go begging for the want of competent persons to fill them.

"An employer would much prefer to pay a young man five thousand dollars a year than five hundred. The five hundred dollar man is only worth that amount, and no more; but the five thousand dollar man is worth five times his salary to a large business, and such men are hard to get."

The incompatibility of alcohol, tobacco, and fast living with development of the qualifications indispensable to the high salary man are clearly and forcibly pointed out.

**PATHFINDERS OF PHYSIOLOGY.** By J. H. Dempster, A. B., M. D., Detroit: Published by the Detroit Medical Journal Company, \$1.00.

The editor of a medical journal is naturally interested in the lives of medical men whose influence upon their profession has been epoch making. Such were William Harvey, the discoverer of the circulation of the blood; William Beaumont, famous for his studies of the digestive processes through the perforated stomach of Alexis St. Martin; Claude Bernard, whom France made one of her "Immortals" because of his researches and discoveries in the functions of the liver and pancreas, and his discovery of the vaso-motor nerves. In the study of these and other lives whose patient, painstaking devotion to their work has brought incalculable benefits to humanity, the busy editor has found recreation and he tells about them with a sympathetic interest which provides recreation for the reader.

**THE LIQUOR PROBLEM.** By Norman E. Richardson, New York: The Methodist Book Concern.

It will be difficult to name a book on the alcohol question promising a wider influence than this course of lessons for adult Bible classes by Prof. Richardson of the chair of religious pedagogy of the Boston University School of Theology. It is first of all a live book, dealing with topics suggested by temperance workers who are out in the thick of the present battle, where they meet with alcohol in its relations to the home, the school, politics, poverty, crime, the social evil, labor problem and other current questions. These workers have long felt that these vital questions should be brought more closely home to the thought and intelligence of the churches and Sunday schools. Teachers of adult classes who would welcome opportunities for bringing these interesting subjects before their pupils have not had at hand the facts necessary for intelligent discussion. Here they are given the facts fitted to the live topic with outlines of methods of conducting the lesson prepared by a master of pedagogy. There is, besides, the practical application of the lesson in actual work suggested for the students, all of which is bound to enlist an army of the most vigorous young life of the churches into the ranks of christian citizenship.

# 50 Splendid Posters

## WHAT THEY SHOW—

Relation of Alcohol to Accidents, Athletics, Physical and Mental Work, Health, Long Life, Child Welfare, Social Questions.

## WHERE TO USE THEM (See pp. 92-96)—

Store Window Exhibits, Fairs, Health Exhibits, Conventions, Public Libraries, Billboards, Church Bulletin Boards, Sunday Schools and Public Schools, Sunday Evening Addresses, Young People's Meetings, Y. M. C. A. Meetings and Buildings.

## WHAT THEY ARE—

Size—24x38 inches on excellent paper. All illustrated—some pictures, some diagrams. Many printed in Two Colors.

## WHAT THEY COST—

Single Poster, \$.20. One dozen, \$1.50. Complete set of 50, \$5.00.

## DESCRIPTIVE HANDBOOK—

Full page reproductions of posters. Full descriptive details and many supplementary facts about alcohol. Paper, 50c. Cloth, 75c.

List of Posters Sent Free on Application

**“Reach the People Where They Are”**

## Our Lantern Slide Lectures

In filling an order for a customer recently, we asked a large slide-maker what he had on the alcohol question. He replied: “Your slides are much better than anything I have.”

Another large slide maker said he could sell hundreds of our slides if he had them.

Both of these dealers know a good thing when they see it.

The numerous requests we receive for permission to reproduce these slides testifies to their quality.

That we cannot grant these requests because we have to be responsible for their scientific up-keep speaks for their reliability.

The subjects covered by our complete list of slides, over 100 in number, includes the effect of alcohol on:

Muscle and Mental Working Ability  
Industrial Accidents and Incapacity  
Health, Sick-Rates, Mortality  
Heredity and Family Degeneracy  
Economic affairs, such as the cost of Crime, Insanity, Poverty and other Social burdens.

Complete list and terms sent on application.

**The Scientific Temperance Federation**  
23 Trull Street, Boston, Mass.



# The Scientific Temperance Exhibit

CONSISTS OF

## Posters and Models

A Descriptive List of the Set of 50 POSTERS will be Sent on Application. The models now ready illustrate the following subjects:

1. Effect of Alcohol in a Typesetting Experiment.
2. Effect of Alcohol in a Typewriting Experiment.
3. Comparative Sickness and Death Rate in Abstainers and Non-Abstainers.
4. Death Rate of Abstainers and Non-Abstainers in the United States.
5. Alcohol as a Cause of Death in the Prime of Life.
6. Infant Mortality in an Alcoholic Family.
7. The Alcohol Factor in Insanity.
8. Alcoholic Parentage of Epileptics.
9. Habits of Convicts in Regard to Intemperance.
10. Poverty and Drink by Nationalities.
11. Efficiency in Coal Mining, With and Without Alcohol.
12. Comparative Alcohol Content of Beer, Wine and Whisky.

Each model has a neat wooden foundation. Geometrical figures attractively painted, and other interesting objects serve as illustrations. Explanations are plainly lettered on base-boards, and a brief lecture reading is also provided.

These models with the 50 posters constitute a most attractive and educational exhibit. Terms, \$15.00 per week. Send for further information.

The 50 posters which constitute a part of the exhibit remain with the renter when the models are returned.

The exhibit method is justly popular because it teaches through the eye, the most effective way of receiving clear and lasting impressions.

Applications for the exhibit are now being received from various parts of the country. Transportation expenses can often be reduced by making successive engagements in nearby towns.

---

## The Store Window Exhibit

Where only window space can be secured, the posters and models can be used to keep up a continuous interest for weeks by changing the materials every few days.

"Reaching the People Where They Are" is a twelve-page, illustrated, leaflet (price 5 cents) filled with suggestions for installing striking window exhibits.

Send for further suggestion.

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THE SCIENTIFIC TEMPERANCE FEDERATION

23 TRULL STREET, BOSTON, MASS.

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**Will Contain:** 24 pages instead of 16 pages.

**Will Appear:** 12 times a year instead of 10 times.

**Will Cost:** \$1.00 instead of 60c. and be worth it.

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Posters large, 20c each; \$1.50 a doz;  
\$5.00 per set of 50.

Posters, reduced, 50c. per 100

Poster Handbook, 50c. paper; 75c.  
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Problem, by Harry S. Warner. 1.10  
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Europe, by Ernest Gordon..... 1.65  
Prohibition Advance in All Lands,  
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the Liquor Business ..... .75  
Shall I Drink? by Joseph H.  
Crooker ..... 1.00  
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Alcohol's Ledger in Industry, each..10c  
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### TOBACCO LEAFLETS:

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**THE SCIENTIFIC TEMPERANCE FEDERATION**

23 Trull St., BOSTON, MASS.



# SCIENTIFIC TEMPERANCE JOURNAL

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S. P. L.

— *Continuing the* —  
SCHOOL PHYSIOLOGY JOURNAL



*Published at -*  
BOSTON, MASS.

FEBRUARY-MARCH, 1915

# The Scientific Temperance Federation

**Was Organized in 1906 as a Bureau of  
Information on the Alcohol Question**

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- It **Maintains** a special **Library** which includes the important publications in all languages relating to the effects of alcoholic and other drug habits.
- It **Co-operates** with other temperance, religious, health and social welfare organizations such as the Anti-Saloon League, The National Temperance Society, the Church Temperance Societies, The Young People's Society of Christian Endeavor, Young Men's Christian Association, Sunday School Associations, Women's Clubs and Civic Leagues, in both securing and disseminating important information on the Alcohol Question.
- It **Promotes** original **Investigation**, wherever possible, of the effects of alcoholism upon health, industrial efficiency, business and social welfare.
- It **Publishes** the results of its researches, investigation and translations in a monthly paper—THE SCIENTIFIC TEMPERANCE JOURNAL—and in leaflet and pamphlet form in simple, popular language.
- It **Furnishes** for sale or rental sets of **Lantern Slides**, with reading lectures, which illustrate by pictures and diagrams important relations of drink to individual and social welfare.
- It **Supplies** an interesting and impressive **Traveling Exhibit** which consists of a set of 50 large posters and ten unique models in which important Facts are made especially realistic by means of appropriate objects.

"Your exhibit was one of the splendid features of the Educational Department of the Fair and was praised by everyone who visited that department."—T., Secretary, ——— Fair Association.

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## The Scientific Temperance Federation Needs

- More **orders** for its literature and other supplies, that the small proceeds may help to make more and better supplies possible.
- More **members** to help circulate its educational material and help provide for its necessary expenses.
- More **contributors** and **sustaining** members to make up the deficit between the above sources of income and the amount needed to fulfill its opportunities and maintain its efficiency.

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**36 Bromfield St., Boston, Massachusetts**



# Scientific Temperance Journal

Vol. XXIV

BOSTON, FEBRUARY-MARCH, 1915

No. 6

When the hour strikes for a people or for mankind to pass into a new form of being, unseen hands draw the bolts from the gates of futurity; an all-subduing influence prepares the minds of men for the coming revolution; those who plan resistance find themselves in conflict with the will of Providence rather than with human devices; and all hearts and all understandings, most of all the opinions and influences of the unwilling, are wonderfully attracted and compelled to bear forward the change, which becomes more an obedience to the law of universal nature than submission to the arbitrament of man.

---George Bancroft.

## Alcohol and the Death Rate

TO GET definite knowledge of alcohol's part in the death-rate the ideal thing would be to have two groups of persons absolutely alike in every respect except that one group used alcoholic liquors and the other did not.

In Denmark as elsewhere, the basis for such comparison is lacking. Mr. Hindhedes, therefore, has compared the death-rate of men and women in certain diseases assuming that since certain organs are the same in both sexes, it would be expected that, for example, apoplexy, tuberculosis of the lungs, diseases of brain, stomach, and kidneys, etc., generally speaking would run their course in the same fashion, and would be essentially equally dangerous for both sexes. If, therefore, a great difference in the mortality of these diseases is found in the two sexes, there must be presumably some external reason for it.

### Men Had a Higher Death-Rate From Apoplexy

Statistics from Copenhagen for 1905-1909 show that at every age period beginning with middle life, the death-rate from apoplexy among men was higher

than that among women, according to the following table:

Deaths from Apoplexy per 10,000 living		
Ages	Men	Women
35-44	8	6
45-54	39	20
55-64	117	57
65-74	243	200
75-	609	504

Thus, while in the later years of life, the men's excess in deaths from apoplexy is about 20 per cent, in the ages between 45 and 64, it is about 100 per cent, in other words, the death-rate of men from this disease in the prime of life is twice as great as that of women. "There is, therefore," says the author, "a probability almost reaching certainty, that alcohol and tobacco or rather both together, occasion a premature hardening of the brain cells with consequent breaking."

### Tuberculosis Among Men and Women

This is especially a disease of youth and may be cured between 30 and 50 years of age if the patient lives a healthy life.

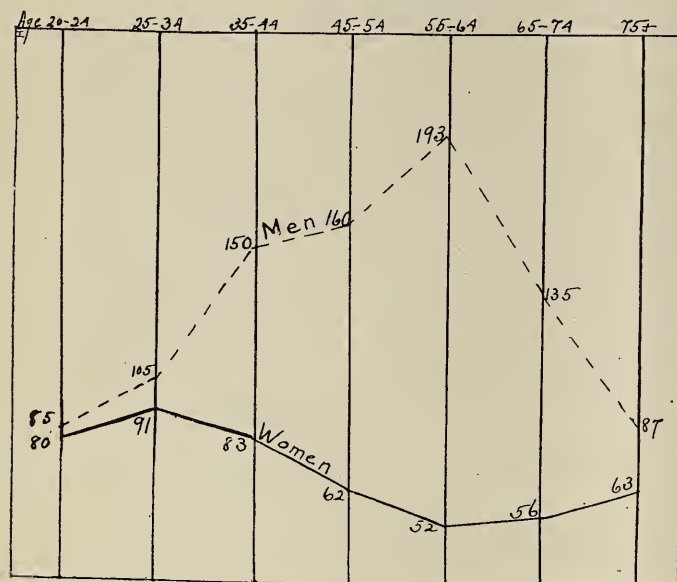
This chart shows that while mortality among men and women is about the same in youth (20-25 years), there is an immense difference between 35 and 64, the real age of alcoholism.

A vital cause of the great mortality among men is probably the haunting of saloons where the air is bad or infection

THE impossibility of securing even approximately exact statistics on the relation of alcohol to mortality under present conditions makes desirable as large a number of studies as possible which will throw any side-lights upon the subject. Such a study is the one presented here, prepared by M. Hindhedes, secretary of a Maintenance Investigation, Copenhagen. It is based, of course, on Danish figures. The translation is by Mr. Ernest Gordon.

great because saloonkeepers, bartenders, or drinkers are often tubercular, and because there is much left to be desired in the matter of cleanliness as regards spitting and glasses.

Deaths from Tuberculosis in Copenhagen per 10,000 persons living, 1905-1909:



### Men Had a Higher General Death-Rate Than Women

Copenhagen statistics for 1905-1909 show that for some reason the men's death-rate is higher than that of women, especially between 35 and 65 years of life.

The second diagram represents the women's mortality as 100 at every age period as a standard for comparison. Thus at the ages 10-19 years, for every 100 deaths among women there were 95 among men.

Thus the male mortality at 55 years is nearly double that of women.

### Why Was the Men's Death-Rate Higher?

Why is this relative death loss among men greater than that of women even during the hazards of the child-bearing period?

Without answering the question definitely, the statistics on alcoholism among men suggest one important reason—their drinking habits.

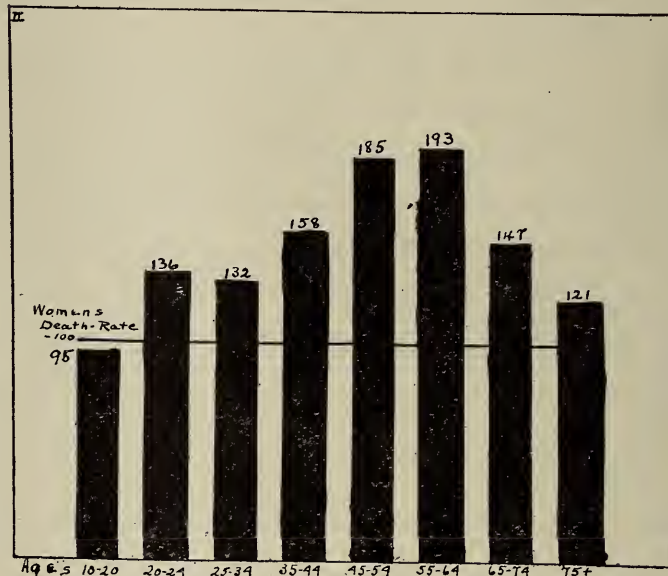
The official death certificates for the Danish provincial towns for the years 1890-97 gave the following percentages of deaths of men in which alcohol was the sole or a contributory cause:

### Alcohol One Cause of Death—Public Records

Age	Per Cent
25-34	6
35-44	14.4
45-54	12.6
55-64	8.2
65-74	4

But these are not secret records. If a drinker has some disease like pneumonia and it comes out in the course of the sickness that he is given to the use of alcohol, if he dies, alcohol is rarely included as one cause of death, because it

### Men's General Death Rate Compared With Women's:



would cause distress to the family and give the matter publicity through the whole community. Hence the truth concerning alcohol's action will never be known as long as death certificates are public. For this reason, Danish physicians have repeatedly urged, but so far in vain, that these records be kept secret.

How little of the effect of alcohol normally appears in mortality statistics is evident from the following figures obtained from the statistics of 1905 when the Temperance Commission promised the doctors in advance that names should be kept secret. For convenience in comparison these figures are placed beside those of the public record repeated from the last table:

### Alcohol One Cause of Death in Men

Age	Private Records Per Cent	Public Records Per Cent
25-34	19.4	6
35-44	37.2	14.4
45-54	33.9	12.6
55-64	33.5	8.2
65-74	23.2	4

Thus, *secret death records gave from three to six times as many cases, as the public certificates, of deaths to which alcohol contributed.*

In Copenhagen, secret certificates of 153 physicians revealed an even higher percentage of deaths of men in which alcohol was regarded as a factor.



Age	Per Cent
25-34 .....	27.2
35-44 .....	35.5
45-54 .....	50.6
55-64 .....	36
65-74 .....	26.6
74- .....	13.6

Here it appears that among the men there is a steady rise in alcoholic mortality from 25 to 50 years of age. At the latter period, alcohol is mentioned as playing a role in one-half (50 per cent) of all deaths of men. This is frightful and surprising to most laymen. The explanation is that in the years of strong manhood, the mortality among men living reasonably is not great. It is not meant that we should die at thirty, forty, or fifty years of age. When sickness comes, the organism, as a rule, has strength to stand up against it. Death finds its prey, therefore, chiefly among the weak and those having little power of resistance, and since there is scarcely anything which to such a degree lowers resistance as the use of alcohol, it is hard lines for the friends of beer and whisky.

Later in life the figures fall, partly because mortality also becomes large among people living rationally, and partly because the majority of hard drinkers are already dead.

### One Death in Three of Men

According to these statistics, alcohol is a factor, on the average, in over 30 per cent of male deaths in Copenhagen above fifteen years. This means that it contributes to the deaths of 650 males every year in this one city.

Women's mortality from alcohol averages only about one-fifth that of men.

Thus, one reason tends to become clear why the men's general death-rate is higher than the women's—the alcoholic habits of the men shorten life, and the excessive male death-rate may measure fairly accurately the extent of death loss due to drink. A habit which contributes to the death of one man in every three constitutes a serious menace to public health.

So much has Denmark to tell us of her alcohol mortality.

### Norway and Denmark.

But Mr. Hindhedes has an interesting comparison to draw between Denmark and Norway where the consumption of spirits at least has been reduced through

legislation and local prohibition. He uses the figures for the per capita consumption of spirits for the years 1896-1900. For the three Scandinavian countries they were as follows:

Norway .....	2.3 litres
Sweden .....	8. litres
Denmark .....	14. litres

(In 1913, Denmark's beverage consumption of spirits had fallen to about 8 litres.)

In 1830, Norway drank as much as Denmark. The Norwegians, however, saw the injury and took vigorous steps to drive out spirits. They greatly limited the number of distilleries; then they gave individual communities the right to prohibit the sale of spirits. The result was that while in Denmark in 1905 there were 5,244 places in the rural sections where spirits could be bought, in Norway there were but 8. The Norwegian towns, especially the largest, Christiania, have not kept pace with the country, but progress is being made in the same direction and there is good reason to hope that before long the traffic in spirits will be driven from Norway.

With this smaller consumption of spirits, Norway has, as might be expected, a smaller alcoholic death-rate.

Chronic alcoholism and delirium tremens caused (1906-1910) 52 deaths per million inhabitants in Norwegian towns; in Denmark towns, 927, or about eighteen times as many.

In liver cirrhosis, a disease closely related to alcoholism, the loss in Norway towns was 98 per 1,000,000; the Denmark loss, 269, nearly three times as great.

The suicide death-rate was nearly four times as great in Denmark as in Norway.

Thus, a lower consumption of alcohol reveals itself in a reduced death-rate in the forms of chronic alcoholism. It may fairly be assumed that a similar effect would be observable in other diseases if the data were available for Norway.

### An Estimate of One City's Loss

What are the prospects for loss? Mr. Hindhedes makes a startling computation for one city of a little country like Denmark:

"We have shown before that in Copenhagen 650 men died in one year as the direct or indirect result of drink. Their average age of death was 56 years. If we estimate that these men began to drink at 20 years of age, there will be in

Copenhagen 23,400 grown men (36x650) on their way to alcoholic death [during the next 36 years]."

Prof. Knud Pontoppidan, head physician of the Sixth Division at the Insane Asylum of Aarhus, writes:

"In Denmark, chronic alcoholism is undoubtedly the most widespread of all diseases. Ask any hospital physician, surgeon, specialist you please. Everywhere it is recognized that alcoholism is

the most frequent cause, if not of inducing disease, of at least intensifying it. Everywhere we can trace the consequences of drunkenness. Unfortunately, this is worst in the field of brain and nerve disease. It is the noblest organ which suffers most. Judging from conditions in the larger towns of Denmark, nearly a half of all mental disease in the country has its efficient cause in drinking."

## The Coming and Going of Benefit Funds

ENGLAND has an Insurance Act which carries a maternity benefit provision, but in the practical working of the scheme, a shiftless husband may get and squander the money intended for the welfare of the mother and her child. In an effort made by representatives of the Woman's Co-operative Guild to have the benefit made the legal property of the mother, a number of cases of perversion of the funds were disclosed. For instance:

### Injustice to Mothers and Babies

A man had bought drink from a saloon-keeper to the value of \$6.75, which he paid up when he drew the \$7.50 maternity benefit.

A wife summoned her husband for ill-treating her just after her confinement because she paid the midwife, using the \$7.50 given her for this purpose, and not giving him any of it. He wanted it for drink.

A midwife attached to a District Nursing Association told of one case where the wife asked that the husband should not receive the money, as he would not go to work while it lasted. It ended in the wife's receiving it in weekly instalments.

### Injustice to the Sober Man

During the last period of administration of out-of-work relief in the Borough of Shoreditch, there were two typical men, both young workmen, living in the same street, engaged in the same trade; one, who lived with his wife and child in two rooms, was a man who drank away a good part of his wages; the other man and his wife and two children occupied three rooms in the same street. Both

husband and wife were abstainers. The two men became unemployed at the same time.

In the course of a week, the drinker, who had no savings and owned but poor furniture and shabby clothing, went to the Distress Committee and was sent to work in a labor colony, being paid thirteen shillings a week, while another thirteen shillings a week was paid by the committee to his wife.

The other man and his wife lived on their savings for about five weeks. Then he, too, went to the Distress Committee for work with this result: Looking at the applicant and noticing his respectable appearance, the chairman said, "Where do you live?" and then "Do you owe any rent?" "No." "Have you any pawn tickets?" "No." "Have you sold any of your furniture?" "No." "Well," it's no use for you to come here; you are not the sort of man we can help."

This incident, which is in every particular verifiable, is an instance of the possibly degenerating effect of schemes of relief. Without discussing, however, the wisdom or otherwise of such methods, the fact remains that the sober, hard-working man is not only penalized by being kept outside the orbit of relief, when it may become necessary, but he is taxed to keep those who have not been so self-helpful as himself, and who are thus enabled to pour more money into the insatiable maw of the liquor traffic.—*National Temperance Quarterly*.

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THE Scientific Temperance Federation has moved its offices and library to 36 Bromfield St., Boston, Mass. The new office is in the heart of the city and will be much more accessible than the old one for students and visitors.



# Public Health

## The Public Health and Alcohol

By J. N. HURTY, M. D.

State Health Commissioner of Indiana

**T**HE most important business before the business men today is the business of the public health. And, further, if the business men do not very soon grasp this truth and act upon it, then our business men are not real business men, but business children. This is said of business men because they are in the saddle, and they virtually govern and run things; and they are doing a poor job. This is attested by our over-high taxes, the failure of municipal government, the rottenness of legislatures, the non-control of venery, the omnipresence and awful destruction of syphilis, the prevalence of preventable diseases, the prevalence of non-reduction of crime, the prevalence and non-reduction of insanity, poverty and feeble-mindedness, the increase of defectiveness and delinquency, and the increasing consumption of alcohol as a beverage with its endless chain of abominations.

All of these evils, and more, are upon us, not because we can not remove and prevent them, but because we will not. The business men, who are our leaders and governors, are continually trying to improve and increase business, succeeding only partially, because they do not recognize that business, like all other fundamentally good things of human life, depends on the moral and intellectual health of individuals. A community, a state, an empire depends upon its healthy men and women, absolutely, for its morals, strength and character. The blind, the halt, the sick, the diseased, the drug habitues and the other defectives, have no part in the prosperity and happiness of a nation. They are a source of expense and weakness. They are a burden. They must be supported, and, practically, they are useless, deleterious and unnecessary.

### Public Health Essential to National Welfare

Assuming these statements to be true, then it follows—if a nation desires suc-

cess, and is to be successful, its business men must look to it that its government closely follows the laws, so far as they are known, of national well-being. After governmental organization, the first absolutely necessary condition is the care of the public health; for without health, mental and physical, efficiency with honesty can not exist. "The care of the public health is the first duty of the statesman," said the practical Disraeli.

### Alcohol a Public Health Obstruction

The public health is paramount. Do little or nothing to advance it, and the nation fails. Among the huge obstructions to health and efficiency, yes, to life, liberty and the pursuit of happiness, is alcohol. Because of its wide use, it has become the most awful of all the drugs or dopes which have fastened upon mankind. There is no health in alcohol. On the contrary, it is an agent of physical and moral ill health.

Where squalor, immorality, bestiality and poverty exist, there alcohol and other drugs have sway. Insanity and crime trail after alcohol, and, in its wake, come ill health and disease. A high authority says: Twenty-five per cent of insanity is due to syphilis; 10 per cent is due to accident; 40 per cent is hereditary, and 25 per cent is due to alcohol. Whether or not these figures are accurate does not here greatly matter, for certain it is—alcohol is potent in the causation of insanity. It is also potent in the causation of crime, in the causation of poverty and of feeble-mindedness. Alcoholism brings sickness, and sickness induces alcoholism.

Alcohol as a beverage not only opposes personal health, but also the public physical and moral health, and also the public economic health. Every saloon is a public dope shop, not second in evil to the opium joint. Alcohol is truly a dope.

### The Responsibility of the Medical Profession

Now, what is the duty and the work of medical science in regard to alcohol?

More than two hundred and sixty years ago, the great philosopher, Descartes, said: "If ever the human race is raised to its highest practicable level, intellectually, morally and physically, the science of medicine will perform the service." Descartes was not a physician, but scholars agree he was the most original mind of this latter age, and that more than any other thinker he has moulded and directed modern scientific and speculative thought. Accepting this dictum, I ask again—what is the duty and work of medical science in regard to alcohol? From our premise, if it is accepted, that alcohol should be absolutely condemned as a beverage, and used sparingly, even reluctantly as a medicine, it is plain that the doctor, as the representative of medical science, has a fearful duty to perform.

Let the doctor then be up and doing. Let every doctor lift where he stands. Let him not dare to shirk his duty. If alcohol is not killed by the science of medicine, it will continue its destructive course, for there is no other Hercules to dispatch it.

After considering the teachings of medicine in regard to alcohol, and doubtless considering their own observations, the high military authorities of all the

great nations now at war have forbidden the drinking of alcoholic liquors by their soldiers, declaring this is done in the interest of health and efficiency.

It has been suggested by the editor of a great magazine that possibly now the raging European war is, in some degree, a war against intemperance. "After all," he argues, "our development is directed by a force or forces not ultimately under our control and higher and away from our desires and efforts." How wonderful, how passing strange it would be, if the perspective of time should disclose that a war has resulted in making man more obedient to the law of his well-being; of bringing him into closer harmony with his environment.

My life experiences have forced upon me the convictions I have expressed. Alcohol is truly a greater enemy to mankind than any other drug, and we suffer incalculably from its poison, not because we can not get from under it, but because we will not. However, I would be a rank pessimist and unworthy if I did not believe sufficiently in mankind to strongly hope that the time is not far distant when we shall know the unreason of alcohol and then put it away.—*Texas Medical Journal*, Jan., 1915.

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## The State's Duty in Public Health

By CORA FRANCES STODDARD, Boston

**T**HE development of the life insurance business has led insurance companies to recognize the importance of teaching people how to keep well. Many of the American companies are issuing health-bulletins to their policy-holders. They are interesting them in general health propagandas, providing for medical examination once a year to discover and forestall disease if possible.

All this is both humanitarian and good business. The better the health of a policy-holder, the longer the life, and the more profitable the business from the insurance company's standpoint. The policy-holder, his family and the general public are the gainers in learning how to maintain good health and prolong efficient life.

### Official Facts Show Peril of Alcohol

The insurance companies have had be-

fore them the facts about the relation of the beverage use of alcohol to ill-health. As a result, practically all of them are giving warnings through their various publications as to its dangers. They are satisfied that on the whole the abstainer has a better chance for prolonged life. The American statistics show that the habitual, not too immoderate drinker even, is a poorer risk than his temperate brother.

The young man desiring insurance learns that if he has a history of intemperance his application will be critically examined before acceptance and he may not be able to get insurance at all.

### Extra Death-Rate in Prime of Life

The prime of life especially is robbed by drink. Insurance statistics show that during the working years of life the drinkers who use the equivalent of two



glasses of whisky or four glasses of beer a day have about double the death-rate of the insured who have always been abstainers. Thus drink cuts into the years when men are most needed by their families and the community. As a mere matter of dollars and cents it is wasteful for the state to expend some thousands of dollars in raising a man and then have him cut off prematurely by preventable disease.

For this fact needs to be emphasized—Alcoholism and all the diseases to which alcohol contributes are absolutely preventable so far as the alcoholic factor is concerned. **No man need have any alcohol-caused disease.** He may contract typhoid or smallpox without knowing it, but he can absolutely avoid disease due to drink.

#### Protecting the People Against Themselves

Here then is a tremendous public health question. Physicians, boards of health, state legislatures are uniting to check and remove all possible causes of disease as far as the state can, so that the individual may be protected even from himself. In general, they are trying to make some health conditions "fool-proof."

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## Child Mortality as a Drink Problem

BY THE EDITOR

**H**OW many times drink brings the white hearse to the door in the course of a year in the United States, no one knows. There are no pitiful statistics telling us how many child lives it is responsible for wiping out.

Still worse, no effort has been made as yet, apparently, to find out the number of children whose lives are being wasted this way.

A field study in 1913 in Johnstown, Pa., under the direction of the United States Children's Bureau, intentionally omitted "two recognized factors in infant mortality, alcoholism and venereal disease," because the investigators felt that "it is not fair or practicable to enter a home and ask questions bearing upon conditions considered personally humiliating."

Thus in the United States at present we have no real clue as to how many of the hundreds of thousands of child lives are snuffed out because of the drink habit of one or both parents.

There is even more need of protection against alcohol than against other sources of disease. The results of impure food, an experience with smallpox or typhoid do not make the victim eager to repeat the experience. But alcohol causes disease stealthily. It tends to establish a desire for more and more of itself, which, gratified, eventually may bring on or increase disease.

Further, smallpox, typhoid or tuberculosis are not intentionally promoted by great business interests.

For these two reasons—the tendency of drink to create a desire for itself which when gratified may lead only to disease and death, and the aggressiveness of the alcohol industry which thus becomes a disease-producing industry, the state and all public and private health agencies should co-operate against alcohol.

The kind of work is pre-eminently suited to these agencies. It must chiefly rely on education in the facts. It is just as much the duty of local and state boards of health to give warnings as to the dangers in the use of alcoholic liquors as it is to warn the public against impure water and milk or against the fly as a carrier of disease.

Not many children die, presumably, because their parents give them alcoholic drinks, although one not infrequently hears of cases where ignorant parents, especially the foreign-born, do this very thing.

The drink mortality in childhood is the result possibly of vitality impaired by parental drinking habits. It may come through syphilis often contracted by the parent when under the influence of drink. This is particularly true of children born dead or in the case of miscarriages. Child mortality is due also to unhygienic home surroundings, and lack of proper care, and these in turn may be the result of the parental drink habit.

#### Some Indications of Drink's Waste of Children

Laitinen in a study of 5,000 families found the following percentage of deaths among the children who had been born to the parents:

**Abstainers lost 13 per cent.**

**Moderate drinkers lost 23 per cent.**

**Immoderate drinkers lost 32 per cent.**

There were 19,519 children included in the study. Abstaining parents lost 13 per cent. At the same rate, the two groups of drinking parents would have lost 2,156 children. They actually lost 4,563, or an excess of 2,407.

There were five times as many mis-carriages in families of moderate drinkers and nearly seven times as many in families of immoderate drinkers as in abstainers' families.

The Pearson-Elderton inquiry in Great Britain, unsatisfactory and illogical as it was in many respects, showed, nevertheless, a child mortality in families of "moderate" and "immoderate" drinking parents not differing greatly from the Laitinen mortality rates in similar groups.

Bunge, in his study of heredity, found that tuberculosis and nervous disease in children in 2,051 families, increased with the drinking habits of the father.

Authorities agree that whatever the figures may be, there is a large and definite loss of child life due directly or indirectly to the parents' drink habit.

### **The Influence of Home Surroundings**

Avowedly leaving aside the two great causes of deaths of children under one year in the United States study referred to, the chief conclusion reached in the Johnstown report in various ways was that the economic conditions of the home were of far-reaching importance in determining the baby's chance for life.

The lower the father's income, the greater was the proportion of babies who died in the first year of life. The mothers who had to piece out the family income by engaging in wage-earning work lost more babies, partly because of ignorance and lack of care, partly because of unhygienic home and surroundings. Among the foreign-born parents, the death-rate of infants was higher than among the native-born parents. On this point, it is significant that the highest baby death-rate was among the Croatians. These fathers are described as "fine-looking, powerful men." The mothers are "big, handsome, graceful, proud and reckless of their strength." These Croatians live in unsanitary surroundings but "are accustomed to spend

Sundays and free time in singing and **drinking** and noisy demonstrations." The Italian, Slovak and Polish families all had high child death-rates and all are known to be free drinkers.

### **The Father's Income and Child Mortality**

How large a part drink plays in keeping down the father's income and thus in producing deaths of babies, we have no means of knowing. Figures collected in New York and Washington showed that even with imperfect data enough was spent on an average for drink in the drinking families to have provided a roomier home in each class of income. In the Johnstown inquiry, as in all others, the deaths of babies were more numerous in overcrowded homes.

A mission worker among foreigners in Western Pennsylvania relates a conversation with a Slavish liquor agent who told him that in one mining town he sold on the average about \$28,800 worth of whisky alone in a year, not counting the beer and other drinks. In another of these mining towns, the company employing about 2,200 men found that on the average 206 men were off each month after the pay day on the 13th and an average of 178 after each pay day on the 28th. These men are not earning on days when they are idle because of drink. There is, therefore, less money for the home and the health of the babies.

In one town the employing company found that their 2,200 employes and families were spending on the average about \$200 a year each for drink. Add to this the time loss through drink, and then add these to the wages actually received and it would make a very material difference in the income and the environment of the homes into which the babies are born.

### **Where to Begin Improvements**

It is very necessary to recommend, as does this report, the necessary and the obvious for protecting the health of the babies, such as clean, wide, well-graded streets, good milk and water supplies, proper removal of wastes and garbage, the instruction, care and guidance of the prospective and new mother.

### **Teach Fathers Fatherhood**

But if we are really to arrive anywhere satisfactorily in dealing with this particular health question, we shall have to go still deeper. There is no use or jus-



tice in putting the burden all on the mothers. We must teach the fathers fatherhood, that they have some responsibility for the physical well-being of the child when born and for providing, so far as they possibly can, the necessities for its continued health and development.

The fathers must be taught that they can not afford to drink for the sake of their children, that there is a danger that the children may be born with a low vitality and resistance to the perils of the first months of life, that a mother overworked either because she has too large a family to care for or because the father's expenditure for drink compels her to endure unnecessary worries and economies, or even to earn money herself by outside work, can not as a rule be expected to

bear sturdy children; that money spent for drink can not be spent for proper home, food, clothing and care.

Here is an educational work in behalf of public health waiting to be done.

We are not compelled to wait for more statistics, important as they would be, before beginning it.

Let us clean up the towns and cities, get everything pure and wholesome that we can, carefully teach mothers what to do and what not to do for their babies, but at the same time, both parents should be taught the dangers of drink to the babies. Repeated experience has shown that to clean up slums, leaving the drink, simply means the transference of the slum and all its unsavory problems to some new section.

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## The Seriousness of the Problem

### RESISTANCE LOWERED

THE alcohol problem costs the United States over \$2,000,000,000 annually, (estimated).

It predisposes to infection, destroys acquired immunity to disease, leads to an increased mortality in all infectious diseases and after surgical operations.

It lessens the power of the individual to resist the injurious influences of extreme heat and cold, to withstand fatigue.—George W. Webster, M. D., President Illinois State Board of Health.

### SIXTEEN PER CENT OF VIOLENT OR SUDDEN DEATHS DUE TO DRINK

REPLIES from medical examiners in Massachusetts to inquiries as to the part played by alcohol in causing deaths which come under their purview which as a rule are those resulting from crime, accident or sudden and unaccountable causes indicated an average of 16 per cent.—Mass. Commission on the Higher Cost of Living, 1910.

### A COSTLY DEATH-RATE

ALCOHOL is known to be a frequent cause directly or indirectly of organic disease.

Recovery from illness is less quick and less certain where patients have made frequent use of alcohol because the powers of resistance have been lowered.

Alcohol is a source of serious expense

to the community as a cause of early death. We are convinced from available data that the annual cost to the state by loss of labor resulting from premature deaths, from preventable disease and from accidents occasioned by intemperate use of alcohol amounts to hundreds of thousands of dollars.—Mass. State Commission on Drunkenness, 1914.

### DEGENERATIVE DISEASES

ALL physicians are familiar with the large catalogue of disorders directly due to alcohol, such as multiple neuritis, heart disease, Bright's disease, inflammation of the stomach, hardening of the arteries, delirium tremens, etc. The number of these cases is constantly increasing.—Frederick Peterson, M. D., Prof. of Psychiatry, Columbia University.

FOR SOME time health authorities have been much concerned regarding the definite increase in the mortality of the higher age groups, manifesting itself particularly in certain degenerative diseases like arterio-sclerosis, Bright's disease, cirrhosis of the liver, apoplexy and certain malignant diseases like cancer.—Dr. S. S. Goldwater, N. Y. Health Dept. reported in *Jour. American Medical Assn.*, Feb. 20, 1915.

CHRONIC diseases caused by long-continued use of alcohol are among the most hopeless and distressing known to medicine; the heart, the liver, the digestive system, the kidneys, the blood-ves-

sels, the brain, in fact every one of the organs, the functions of which are most vital to the system may be attacked slowly but surely, and damaged beyond repair. And this damage may occur in consequence of a long-continued and steady consumption of even so-called moderate quantities of alcohol.—Dr. Wm. F. Boos, Biological Chemist and Therapeutist (1912), Mass. General Hospital.

It was estimated by Phelps in "The Mortality of Alcohol" in the United States that alcohol had a direct or indirect part in causing 23 per cent. of deaths from diseases of the arteries, 30 per cent. of Bright's disease, 32 per cent. of gastritis, 22 per cent. of apoplexy and paralysis, 16 per cent. of heart disease, 13 per cent. of diabetes, 67 per cent. of liver cirrhosis, in adults, twenty to seventy-four years of age.

### **DISEASE RATE RISES WITH CONSUMPTION OF ALCOHOL**

SINCE 1889 the death-rate in the registration states from degenerative diseases in which alcohol is conceded to be an important factor has increased 104 per cent.

It is worthy of note that though the use of wines has increased only 25 per cent. and spirits 7.9 per cent., malt liquors show an increase of 139 per cent.—*Bulletin 105*, Postal Life Insurance Co., 1911.

### **PREVENTIVE WORK NEEDED FOR DEGENERATIVE DISEASE**

TO THE person whose life is threatened by accident or by consumption or other communicable malady, we say, "Beware! Your life is precious. Step over here, out of danger."

To the person whose life is threatened with disease of the kidneys, heart or brain, we say: "You may die, we have no time or money to spend on you."

Far more people die from these degenerative diseases than die from contagious or epidemic diseases. Why should we throw the life-line to one class and deny it to the other?

Why should not the state make an earnest and vigorous effort to protect and prolong both of these lives?—E. E. Rittenhouse, President Provident Savings Life Assurance Society.

## **Official Pencil Points on Alcohol and Public Health**

### **CLOSE UP THE GAP**

IF IN this great forward movement for sanitary reform and public health work, we ignore the alcohol problem, it will leave a great gap in our line of battle.—Prof. Wm. T. Sedgwick, Mass. Institute of Technology.

### **HEALTH OFFICER'S DUTY REGARDING ALCOHOL**

THE prevention of alcoholism which is a preventable disease, the prevention of individual and national deterioration through its injurious effects, comes as much within the sphere of action of the medical health officer as tuberculosis or small-pox.—George W. Webster, M. D., Pres. Ill. State Board of Health.

### **TUBERCULOSIS FORCES NEED HELP**

IN VIEW of the close connection between alcoholism and tuberculosis, this Congress strongly emphasizes the importance of combining the fight against tuberculosis with the struggle against alcoholism.—International Congress on Tuberculosis, 1905.

### **BEGIN NOW**

IN OUR opinion the health officers of the United States have been too slow in recognizing their relation to the liquor problem. Inquiry shows that they have given very little attention to liquor as a cause of preventable death. We believe that once they have recognized that the fight against alcoholic intemperance is **their** fight, they will give such telling support to the forces of temperance as will atone for the lateness of the hour in which they come upon the field of battle.—W. S. Rankin, M. D., Secretary North Carolina State Board of Health.

### **A STATE COMMISSION'S RECOMMENDATIONS**

WE RECOMMEND that the State Board of Health be empowered and directed with such aid as it may require from the Board of Education, the State Board of Charity and Insanity, the Prison Commissioners, and other public employees or private persons to prepare and to issue from time to time posters showing by charts or otherwise the results of scientific experiments on the effects of the use of alcohol upon the structure



and functions of the human body, and the injurious effects upon the health, industries or general welfare of the people which may be caused by the use of alcohol; such posters to be furnished without cost to the mayors of all cities and the selectmen of all towns of the commonwealth, to superintendents of schools and to other persons upon request.—Mass. State Commission on Drunkenness, 1914.

### **PUBLIC HEALTH EXPLOITED FOR PROFIT**

THE TIME has come when every person desirous of promoting the health of his fellowmen and of preventing disease, especially the great scourges of tuberculosis and insanity must join hands in furthering whatever methods stand the test of practicability for stopping the exploitation of the weakness of human beings for profit. Let us recognize, once for all, that the most difficult factor in the problem of intemperance is not the man who wants to drink but the man who wants to sell drink.—Homer Folks, Sec'y. of New York State Charities Aid Ass'n.

### **MILLIONS FOR TRIBUTE—NOT A CENT FOR DEFENSE**

THE MASSES should be educated to the fact that inebriety is not a simple habit of depravity. It is essentially a disease. We spend millions of dollars on mental and moral wrecks and not a cent for the prevention of this heavy burden. Our courts, prisons, reformatories, state hospitals, epileptic colonies are working with more or less finished products. When shall we waken to the large opportunity of prevention?—Dr. Menas E. Gregory of Bellevue Hospital, New York Conference of Charities and Corrections, 1910.

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## **Susceptibility Plus**

IT is not mental disease itself that may be inherited, but only "the place to put it," is the explanation given by Dr. H. Walton Wood of the part heredity plays in some mental diseases (*Boston Medical and Surgical Journal*, July 23, 1914). The inherent susceptibility to these diseases, he thinks, may have its origin in the chemical processes of life, as it so frequently comes to light at those periods when chemical changes are most

pronounced—adolescence and middle life.

But susceptibility "does not always remain at a constant level and is influenced by the general condition of the patient or by any condition which lowers the general vitality, such as alcohol, environment, stress of life, etc. . . . One may have all of the so-called causes of insanity except the susceptibility and yet not develop a mental disorder; or mental disorder may develop in those most protected from these causes. Therefore it does not seem unreasonable to assume another and more potent cause for the true psychoses, namely, an inherent susceptibility, probably bio-chemical in nature."

### **The Alcoholic Impetus in Insanity**

Another physician, Dr. H. S. Ward (*Southern Medical Journal*, August, 1914), referring to the collective report from a large number of insane asylums in the United States which gives "the percentage of inmates directly or indirectly traceable to the effects of alcohol" as "about 20 per cent." out of 30,000, says:

"Many of these individuals, not quite up to the standard, were unable to bear the stress of life and competition, and fell victims to alcohol, then into the different types of insanity. Without becoming victims of alcohol, many might have escaped the asylum." Indirectly, many having alcoholic inheritance became insane instead of becoming alcoholic.

"Thus alcohol works in a vicious circle. One alcoholic may be the starting point of a family of criminals, degenerates, inebriates and insane."

The late Dr. G. F. W. Ewens is quoted (*Indiana Medical Gazette*, Oct., 1914) as saying that it is almost certain that for any external strain or stress to be sufficient to cause insanity it must act on a person afflicted with an inherited unstable or insufficient nervous system. But it is the influence of direct heredity of mental disease which would appear to be the predisposing factor; it would also seem that general malnutrition of the mothers is one cause. Illness and drunkenness at the time of conception, indeed, are strongly suspected of producing idiocy, it is said of the hydrocephalic type, and tubercular disease on one or both sides in the parent is always potent—the union of a neuropathic with a tubercular person or one having a tubercular history

being almost certain to produce some insane members in the progeny.

The effects of alcohol are invariably greater upon those sprung from neurotic stock, and a very large number of inebriates will be found on inquiry to have a tainted heredity. In fact, just as an alcoholic parent may beget an epileptic or an idiot, so a parent who is of weak, nervous stability may beget offspring who readily fall into alcoholic habits.

### **The Far Reach of Alcohol**

Besides its effect on the nervous system, we must also remember the action of alcohol on the body generally, and that by lowering the general resistance to infection by bacterial organisms it must of necessity be a strong predisposing factor to those insanities due to such causes.

In fact, as Craig ably puts it, alcoholism is so far-reaching in its results that in the individual we find a progressive tendency to mental and bodily deterioration and a lowered resistance to bodily disease; in the offspring a proneness to idiocy, epilepsy and criminality; and in the race a higher disease rate, a higher mortality rate and a lower birth-rate.

### **The Varied Factors Involved.**

How far alcoholism is due to heredity is really a most difficult point to determine, so many other factors have to be eliminated. Thus, as pointed out by W. White, M. D., a person may [apparently] inherit alcoholism directly from his father, but it is an equally feasible explanation that being subject to the influences of an alcoholic environment from early youth he has succumbed to these and acquired alcoholic habits.

Again, alcoholism may merely be an expression of some disease, as in the maniac-depressive mental disorders, or the reaction of this type of individual to the stress of some sorrow or failure.

Yet again it is equally logical to assume that the alcoholism was not inherited, but the particular thing which made it possible for the father to become an alcoholic, and, therefore, that under the influence of opportunity, the son developed alcoholic habits as a result of this particular element in his being.

Finally, it is quite conceivable that father and son both being alcoholic is a mere coincidence and that no real coincidence exists between these facts.

Still, heredity undoubtedly has an im-

portant bearing on this point and must not be eliminated from our minds, even though we remember the multitudinous other causes which may account for it.

Thus, habit accounts for it in many who first begin to drink for social or business reasons and then gradually increase the amount till they find themselves slaves to a habit from which they can not free themselves.

Others, again, commence the habit with the idea of enabling them to support fatigue and exposure, while others again resort to alcohol thinking to stimulate a worn-out brain and body to fresh exertion instead of restoring them by the rest and nourishment they require.

Lastly, alcoholism may be but an early symptom of an attack of one of the acute insanities or the sole remnant of a previous attack and due to the diminished self-control resulting therefrom.

\*

## **A Socialist's View**

By J. STITT WILSON

Ex-Mayor, Berkeley, California

WITH the awakening of the social conscience of the last decade, and the study of various industrial problems and social evils it is being brought home to us as never before that the liquor traffic is a menace to every advance step of our common life. We find the trail of this serpent at every move. Every man who is fighting for any great and good cause for humanity finds himself hindered at every turn by the traffic.

The issue is now universal. It is high time for the moral and intellectual forces of every city and state, and of the nation itself, to make war on the saloon, and to present a constructive social program concerning the whole liquor traffic. The time is at hand when this must be not only a state, but a national, issue.

THE longer I live the more the temperance movement appeals to me. No matter what problem I approach, whether it be that of the children, of the unemployed, of the aged or of housing, I find it complicated and made more difficult by its association with drink. There is not one social problem existing in the land which would not be infinitely more easy of treatment and solution if we had not to deal with drink.—Philip Snowden.



# Scientific Temperance Journal

Founded by Mary H. Hunt.

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## Live a Little Longer

**R**OCHESTER, New York, has a new slogan, "Live a Little Longer. Everybody's Doing It."

As usual behind the slogan, is some hard, well-organized work. The plan, in brief, is to have classes on health and life conservation for women over eighteen years of age held in public school buildings outside of school hours and taught by doctors and nurses. Local medical and public health associations and representatives of the insurance companies have united in giving publicity in Rochester to this plan for teaching the people why and how to keep well. As it was aptly described to the Association of Life Insurance Presidents, "The destination is Decreased Mortality in early and middle life, Decreased Sickness, Increased Efficiency."

### Who Wants to Be That Thirteenth Victim?

The syllabus of topics may not be all-revealing, but it suggests neither directly nor indirectly any idea of instruction on the dangers of alcoholic drinks to public health. A lengthened life and increased efficiency are a matter of knowledge in the first place, and the practice of prudent living thereafter. But how shall the people know the dangers to health in the habitual use of alcoholic liquors if they are not told? If, according to even a conservative estimate, the adult deaths due directly and indirectly to drink amount to nearly 66,000 a year in the United States, it means that **one death in every thirteen of men and women is thus wholly**

or partly chargeable to alcohol. Still worse, it means that one out of every seven and one-half men who die, dies as a direct or indirect result of drink.

It is high time, if we are to "live a little longer," that our health agencies put some additional emphasis on the fact that, to quote the secretary of the North Carolina State Board of Health:

**"The Liquor Problem Is a Public Health Problem."**

\*

## Where Records Fail to Record

**M**R. K. M. H., for many years engaged in business in this town, died last night at his home on Main street after a long illness due to liver disease, aged fifty-seven years."

So ran a note in the morning paper a few months ago in an eastern town.

The death was given to the public as due to liver disease. Thus would run the death certificate. Thus will the death be counted in the United States mortality records.

What the whole town knew was this: That Mr. H., who had just died in his fifties, had come to town, years before, an industrious, promising young business man; that he had yielded gradually to drinking temptations, that for ten or fifteen years he had been a physical wreck from drink, suffering long periods of acute illness through which his wife patiently nursed him, only to see him return to his cups when she had him sufficiently restored to be able to get out. Oh, yes, he died of liver disease without doubt, and he will never be counted in the returns of alcoholic mortality, but there was not a question in the minds of every person over fifteen years of age in that little town where everybody knows everybody else, that drink was the real cause of death.

At the same time, in the same town, a young man in his thirties was recovering physical health after a serious automobile accident in which he had suffered concussion of the brain. The mere outward physical damage was being repaired, but the brain had received an injury from which, it is anticipated, there will be no complete recovery. From a skilled workman, he is reduced to the ranks of the incompetents, all because some reckless driving by a drink-queered brain

caused the automobile accident which brought him to this condition. If, eventually, he should be committed to a hospital for the mentally deranged, drink will not be given as the cause. It will be the accident that will figure in that role. But the true chain of causes and effects that will never appear in public records will be:

**Drink caused the accident.**

**The accident caused the injury.**

**The injury caused the loss of efficiency and the mental disorder.**

In these unreckoned ways alcohol is making its onslaught upon public health. The two contemporary cases in this one little village could be multiplied all over the United States. It is such as these that raise the alcohol question to first importance in the public health problem.

\*

## A Friend to Disease Germs

**I**T is true, says Dr. Bunge, that alcohol will kill the cholera bacillus. But to do this it must be strongly concentrated and the man who would try to keep his alimentary canal disinfected by this means would soon drink himself to death. The best internal disinfectant is the normal gastric juice. For that reason it is best to avoid everything that disorders the normal gastric secretion. . . The use of alcoholic drinks disturbs digestion, checks the secretion of the gastric juice and diminishes its disinfecting power through dilution; it is therefore to be strictly avoided. Even the moderate use of alcoholic drinks can only injure and in no case do good.

Similar warning is given by Dr. Holitscher in *Der Abstinente Arbeiter* where he warns against the employment of "rum and arrack" as a protection against dysentery. "There is not a scrap of evidence that they do this. On the contrary, the disorder they cause in the digestive organs of those unaccustomed to them, prepares the way for dysentery.

It is true that alcohol may temporarily suppress unpleasant feelings—pain, sickness, weakness—but it does so at the cost of the power of resistance. The warning can not be made too strong against the use of alcoholic drinks in the field as a preventive or cure of infectious diseases. They do only harm."

## Correspondence

### A BOTTLE OF MILK VS. A BOTTLE OF BEER

EDITOR SCIENTIFIC TEMPERANCE JOURNAL:

I HAVE noticed lately a number of groups of workmen at lunch hour with bottles of milk, others with bottles of beer. I would like to get material showing what each man gets from his respective bottle.—D M.

BOTH milk and beer vary considerably in the proportion of their regular principal constituents. The Massachusetts State Board of Health furnished the percentages on which the following computations were made.

#### What One Pint (16 Oz.) of Milk Contains

According to an analysis furnished by the Massachusetts State Board of Health giving the average of 434 samples from individual cows:

Fat .....	4.21 per cent	.674 ounces.
Protein .....	3.27 per cent	.523 ounces.
Sugar .....	4.78 per cent	.765 ounces.
Water .....	87.02 per cent	13.923 ounces.
Ash .....	.72 per cent	.115 ounces.

Total .....	100.00	16.00
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#### What One Pint (16 Oz.) of Lager Beer Contains

According to Leade's "Food Inspection and Analysis," 1913:

Water .....	90.08 per cent	14.41 oz.
Carbon Dioxide ...	.196 per cent	.031 oz.
Alcohol .....	3.93 per cent	.628 oz.
Extract .....	5.79 per cent	.926 oz.

Total .....	100.00	16.00
-------------	--------	-------

#### What the Beer "Extract" Contains

The "Extract" is composed of the various substances named in the following analysis:

#### What the Beer "Extract" Contains

Protein Substance .....	0.11 oz.
Maltose (sugar) .....	0.14 oz.
Gum and Dextrine .....	0.59 oz.
Lactic Acid .....	0.02 oz.
Glycerine .....	0.02 oz.
Ash .....	0.03 oz.
Phosphoric Acid .....	0.01 oz.

Total .....	0.92 oz.
-------------	----------

Of the foregoing, the ash is not nutritive, the other elements amounting to .89 of one ounce are of varying nutritive value.

Thus a pint of beer, at the outside, affords less than one ounce of possible nutritive substance. The milk affords 1.96 oz., nearly 2 oz., of unquestioned food.



The less than one ounce of food in beer is mixed up with a harmful drug, alcohol.

The nearly two ounces of food in milk is free from alcohol.

The action on the human system of the alcohol which beer contains is similar to that of ether, chloroform and other nerve-depressing drugs. Unlike milk, beer can not be taken in sufficient amounts to yield a serviceable amount of nutritive material without exerting some degree of the drug action of alcohol upon the nervous system.

\*

## The Analogy of Beer and Bread

THE Master Brewers' Association of New York has furnished to the press, "free of all charges," an article which places great emphasis on certain similarities between bread and beer, but is entirely silent on the marked differences.

### Bread-Making Retains Nutriment—Beer-Making Destroys

The brewers' article proclaims: **Bread is made from cereals; so is beer.** True, but the process of bread-making **retains** all but the smallest fraction of the nutritive substance of the grain, while the process of beer-making **destroys**, by fermentation, all but a small fraction. The object of the various processes through which the grain is put in beer-making is to change as much of the starch as possible into sugar which may then be soaked out with water and changed to alcohol.

### The Difference in the Use of Yeast

The article asserts that: **Yeast is employed in making both bread and beer.** True, but in bread-making the starch of the grain is not previously turned into sugar to be fermented, and the **fermentation** set up by the yeast, acting on the free sugar, is **stopped** as soon as it has produced enough carbon dioxide from a part of the sugar to puff up the dough and make it light.

In beer-making, the process of **fermentation is continued** until as nearly all of the sugar as possible (including that into which the starch of the grain has been changed) is turned into alcohol and carbon dioxide gas.

Hence, beer contains none of the starch of the grain and only between eight and nine-tenths of one per cent. of sugar

(maltose) with 3.7 per cent. of dextrine, while bread contains 49 to 50 per cent. starch and over 2 per cent. of sugar. Of nitrogenous substance, beer contains seven-tenths of one per cent.; bread six to seven per cent., nearly ten times as much as beer.

### The Contents of Bread and Beer

The following tables show the constituents of beer as given by the Massachusetts State Board of Health and the constituents of bread as given in Blyth's treatise on "Foods" from the analysis of the German chemist König:

Beer		
Water .....	90.08	per cent
C. O. 2 .....	.196	per cent
Alcohol .....	3.93	per cent
Extract .....	5.79	per cent
<hr/>		
Total .....	100.00	
Bread		
Water .....	38.51	
Nitrogenous substances .....	6.82	
Fat .....	.77	
Sugar .....	2.37	
Carbo-hydrates .....	49.97	
Woody fibre .....	.38	
Ash .....	1.18	
<hr/>		
100.00		

### Alcohol Leaves Bread—Remains in Beer

The brewers liken bread and beer by saying that **both contain alcohol and carbon dioxide.** Everyone knows that heat causes alcohol to turn into vapor. Hence the small amount of alcohol produced while the bread is rising is largely turned into vapor by the heat of the oven when the bread is baked and escapes into the oven. The most careful analyses find only between three and four-tenths of one per cent. of alcohol in fresh bread, and less in stale bread. Beer contains from 3 to 5 per cent of alcohol.

The brewers' article claims that **beer** contains from 3 to 4 per cent. alcohol and is not intoxicating when taken in ordinary quantities. Intoxication is no longer the sign by which the harm from alcohol is measured. "Ordinary quantities" in the saloon are ordinarily as much as the bar patron can be lured into taking. In an open letter to the *Daily Journal* of Portland, Oregon, July 8, 1914, I. J. Brackett, an ex-saloonkeeper, testified that "the average saloon patron is on the whole stingy, and to make him a free spender he must be held long enough to get mellow with 'booze' as then he'll spend his last cent." Thus, "ordinary quantities" tend to become liberal quan-

tities through the "mellowing" effect of alcohol.

### That Agreeable Hop Flavor

Another advantage claimed by the brewers for beer is that it has bitter and aromatic bodies derived from hops, which give it an acceptable flavor and produce tonic effects. The bitter flavor derived from the hops is about as acceptable to normal sense of taste as the odor of a beer drinker's breath is to a normal nose. As to the supposed tonic effects of the hop derivatives in beer, Dunglison's Medical Dictionary states that "Bitter vegetable substances which are not associated with an acrid or narcotic principle, act as tonics." The alcohol with which the hop principle is associated in beer is a narcotic, hence, beer does not comply with the medical definition of a tonic. Furthermore, the definition states that "a tonic is a substance that has the power of exciting slowly, and by insensible degrees, the organic actions of the different systems of the animal economy and of augmenting their strength in a durable manner."

None of the effects of beer correspond to this part of the definition of a tonic. The loud talk and lively gesticulations of the drinker who is becoming "mellow" may seem to indicate augmented strength, but it is a relaxation, a letting-go not only of his money and his muscles but of his judgment and self-control.

School teachers generally complain of the stupidity and sleepiness of pupils who receive beer at home with their noon-day lunch. Surely these are not the effects of a gradual and durable strengthening, neither is it to be supposed that the children are given extraordinary quantities.

Still further, the supposed "tonic" effect of "bitters," hop or any other, upon appetite and digestion has received a recent jolt from the experimental work of Dr. A. J. Carson in the University of Chicago. He found that so far as any favorable action upon the stomach or other digestive fluids is concerned, the effect of these so-called bitter tonics is nil. They are also objectionable because they emphasize the desire to "take something" for digestive weakness, instead of the desire to "do something," such as properly exercising, resting or regulating the diet.

### The Alcoholic Disadvantage in Beer

Even if beer contained as much nutritive material as bread, the presence of the alcohol it contains would offset the advantage. The universal desire for fitness, for efficiency, is educating people away from foods contaminated with poisons.

One statement in the publicity article is commendable, namely, "Adulteration talk is nonsense." It is, for no adulterations that the trade has so far found practicable or profitable amount to anything in comparison with the alcohol constituent.

### The Germany of Sixty Years Ago Quoted for Beer

The writer to whom the publicity article is credited, Professor Charles F. Chandler, of Columbia University, refers to his enjoyment of beer while on a walking tour in Germany sixty-two years ago when he was a student in Gottingen University. But young Germany, the Germany whose watchword is efficiency, is teaching its *wandervogel* to leave out beer when they take their tramps. If German social, educational and political leaders believed beer to be "wholesome," as the New York brewers' publicity article claims, they would not be spending their time, energy and money in organizing great meetings for "the alcohol-free education of the young" as they have done, or for publishing and circulating tons of anti-alcohol literature in the army and out of it.

The case against beer has no stronger argument than the fight against beer-alcoholism that has been going on for the last twenty years in the fatherland of beer, until the German brewers are feeling the effects of it and writing their complaints about it to the *American Brewers' Journal*.

A report just at hand states that 95 inebriates were treated during the past year at one of the drink hospitals in Munich. Of these, 45 were beer drinkers pure and simple. There was only one who drank nothing but whisky.

If beer were the harmless drink our American brewers would have us believe, Germany would not be building hospitals for the treatment of alcoholics nor would it have developed a large society of medical men whose specialty is the medical care of the drinker. **Cure** is too op-



timistic a term, for only a small percentage are permanently cured. Of the 95 Munich patients just mentioned, 28 were "improved;" 55 were given up, 2 were sent to the insane asylum, 7 have not yet shown the result of the treatment, 4 had become and remained abstinent, and 49 were still under treatment.

Finally, if beer were analogous to bread in nutriment, the brewers of Germany and other European countries where the bread supply is running low would not be confronted with an order reserving the grain for bread-making because the people need it for food.

\*

## America's Freedom From Obligation to Drink

EUROPEAN travelers have more than once expressed their astonishment that they were not pressed to drink alcoholic liquors in America as they are in Europe. An omnipresent wine or beer list is not the first thing thrust under the eyes on entering a place of public entertainment, and may even, indeed, not be seen at all.

Dr. Robert Hercod, secretary of the International Temperance Bureau at Lausanne, writes interestingly in *L'Abstinence* of his experiences in this respect during a three weeks' visit to America.

My general impression is that the social obligation to drink does not exist in the United States, at least in the surroundings that a hurried traveler has opportunity to observe, in the world which is met at hotels and on railway trains. This phenomenon is indubitably a great advance over the situation in Europe.

Enter the dining room of a hotel in Europe. The first question asked of you by the waiter before you are hardly seated is, "What wine do you take?" Or at least it is, "What drink do you wish?" But it appears that a self-respecting traveler can drink only wine. You do not dare, although an abstainer, to answer "Water," and in order not disgrace yourself completely in the eyes of him who serves you, you order mineral water which perhaps you don't know what in the world to do with.

In the United States, in the good hotels, the waiter who approaches you, very often a negro who receives you with his expansive smile, does not ask at all what

you wish to drink; he brings you a glass of excellent ice-water which he will take pains to renew throughout the meal. You are free to order another drink, tea, coffee, or if you are not in a prohibition state, wine or beer. But even in the hotels having a license one rarely sees alcoholic drinks on the table. Some travelers hold to their glass of beer and order it, but, obviously, it is not good form.

In the lobby, that great animated hall of American hotels, which during the whole day is crowded by busy groups composed of hotel guests, and those who have nothing to do there, one often finds a drinking fountain and at hand an automatic apparatus which delivers you paper drinking cups. During the hot days of an American summer, it is a pleasure thus to refresh one's self. It is not abstainers alone who profit by it, but all the frequenters of the hotel. I happened to arrive in Pittsburg the day of a meeting of a National Business Association, a group of travelers interested little enough in general in the question of alcoholism. Among them, no doubt, were many abstainers by principle. The hotel where I lodged was the headquarters, and it was a new sight to an European to see all these business men not disdaining the glass of fresh water.

On the great Hudson steamer, carrying 6,000 passengers from New York to Albany, four fountains were installed on each of the decks, and all were well patronized. In the railroad dining cars I was never asked what wine I wanted. Americans perhaps drink at home on formal occasions, but not, or at least very little, in public eating places.

Thus, in the middle classes, at any rate—unfortunately I did not have opportunity during my stay of going among the millions of working people—one is not morally forced to drink as is too often the case in Europe; drinking customs do not exercise the tyranny that we deplore among us.

That is not to say, of course, that there is not drinking in the United States; but the one fact that no indirect pressure is exerted on the great mass to oblige them to drink is of capital importance. When we attain that result in Europe we shall have made immense progress.—Translation made for SCIENTIFIC TEMPERANCE JOURNAL.

# The Industrial World

## Safety, Sobriety, Health

**T**HE Brown and Sharpe Manufacturing Company of Providence, Rhode Island, at considerable expense, has recently prepared and distributed among its employees a very attractive informing booklet entitled "Health and Safety," one page of which is devoted to the subject of "Alcoholic Drinks." The advice to workers on this subject is so important that we take pleasure in quoting it as follows:

Does abstaining from the use of alcoholic drinks reduce the chance of accident and shorten time of recovery if injured?

German statistics show that for every accident to abstainers there were 1.5 accidents to the average workmen including drinkers.

For every day lost through illness or every death due to wounds by the average workmen, there were 3.7 days lost and 4 deaths of habitual drinkers.

The doctors who were with the troops during the Balkan war, 1912-13, found that when soldiers who did not use alcoholic drinks were wounded the wounds healed much more quickly than did those of drinkers.

If one wishes to get well quickly from an accident, he must have good heart power, healthy blood and body tissue to repair wounds or broken bones. The continued use of beer, whisky or other alcoholic liquors, often so impairs the blood and body tissues that injuries heal very slowly.

In addition to this information, some statistical drawings illustrate the relative number of accidents, lost time from accidents, and deaths from accidents for abstainers, average workmen, and habitual drinkers. The statistics upon which the drawings were based were taken from the experience of the Leipzig Sick Fund which, in common with other German insurance societies, has tabulated very carefully the causes of sickness and disability among workers insured, and from that of the Rochlingsche Steel Works of Germany. [Drawings illustrating these statistics have already been published in the JOURNAL.]

### What a Great Street Railway Company Does

The Boston Elevated Railway Company has sent the Museum a copy of the notice issued by the Company regarding the use of alcoholic liquors by employees

engaged in transportation service. This notice reads as follows:

1. All uniformed employees are hereby cautioned that the habitual use of liquor, the resort to bar rooms, or the use of intoxicants in any manner to such an extent as to affect their efficiency for the service is strictly forbidden by the Rules.

2. All men engaged in car and train service must be free from the liquor habit.

3. This is absolutely essential for the safe conduct of the business.

4. Employees who report for duty under the influence of liquor or are found in that condition on duty will not be retained in the service.

5. All officials and employees are expected to govern themselves accordingly.

(Signed) M. C. BRUSH,  
Second Vice President.

So strictly is this rule enforced in the interests of safety of the traveling public as well as that of the railroad's own personnel, that, recently, when a trusted employee with a record of twenty-four years of service with the Company, reported for work in an unfit condition due to alcoholic indulgence, he was instantly discharged. No amount of entreaty, persuasion or petition by his fellow employees can change the attitude of the Company in this matter.

### Employees See Importance of Sobriety

Labor unions realize the justice and wisdom of even so rigorous a rule as that of the Boston Elevated Railway Company. In fact, we find the union of railroads' employees, in a special notice issued to its members, near the end of last year, in anticipation of the customary heavy holiday traffic, calling attention of members to the personal responsibility of employees in the avoidance of accidents, and to their observance of the rule prohibiting the use of alcoholic liquors. Regarding the use of intoxicants, the officers of the union are quoted as follows:

We are glad the officials of the Company admit and appreciate that, by reason of the determined and persistent efforts of the officers of the Union and the co-operation of its members, the evil of drinking liquor to excess has been greatly lessened; but the Company claims that the evil to some extent still exists. If any man frequents saloons in uniform, or reports for work, or is found



while on duty, under the influence of liquor, his action will not only disgrace himself, but our entire membership as well. Any member found guilty of such conduct can not expect, and will not receive, any protection from the Union.

In accordance with the fundamental principles and laws of our organization, our members are required to be prompt, careful, courteous, honest and sober in the performance of their many duties. We request and expect them to co-operate with the officials of the Company to the fullest possible extent for the benefit of the Public, the Company, and the Union

—From "*Safety*," Bulletin of American Museum of Safety.

\*

## Some Things that Employers and Workmen are thinking About

THE "Sobriety First—Safety Follows" movement has gained an impetus astonishing to those who have not been in position to watch its development from the inside. The paragraphs and illustrations here presented are from official orders or industrial publications. The Joliet Steel Works of the Illinois Steel Company, which lately greeted its employees with the query, "Did booze ever do you any good?" in various ways for some little time has been educating its men to intelligently answer the question. One of the slogans on the mount of the attractive "Safety" calendar issued by the Joliet works this year is "Safety, Sobriety, Cleanliness." For two or three years the company has published "for the employees by the employees" a bright little monthly, *The Mixer*, designed to promote safety through the cultivation of an *esprit du corps*. Most of the following paragraphs and the illustrations are taken from this publication. The Joliet Steel Works, like the Youngstown Carnegie Steel Company, a fac simile of whose order is given here, promotes only abstainers.

### The Habitual Drinker Not Wanted

ALL the big industrial companies and the railroad companies are taking a decided stand against the saloon from a strictly business standpoint. The habitual drinker and the man who frequents saloons is a poor man for any business. He is unsafe to himself and his fellow workman, and we do not want him on our payrolls.

### Industry's Ban on Liquor Clubs

THE American Steel and Wire Company, one of the big steel corporations of Pennsylvania, has given notice to its employees that they must withdraw from all clubs and organizations where liquor is sold because such sales have impaired the efficiency of the workmen. This is simply one of the signs pointing to the time in the not far distant future when the man who uses intoxicants will be barred from all good paying jobs.

### Times Are Changed

THE Company used to be so thoughtful of our personal liberty that they allowed us to go out of the plant at any time, tank up and bring in booze by the bottle, pail or keg. So most of us were feeling very happy or very devilish, and the turn that passed without three or four fights and a number of bad accidents was a dull turn indeed. We never have such good times now. To be sure, we had many killed

## NOTICE

March 19th, 1914

To Employees Carnegie Steel Company,  
Youngstown District

Hereafter, all promotions of whatever character will be made only from the ranks of those who do not indulge in the use of intoxicating drink. The Heads of Departments and their Foremen will be expected to observe this rule in advancing their men

Approved:

*Alvin J. ...*

President, Carnegie Steel Company

*Thomas H. ...*

General Superintendent,  
Youngstown District

and crippled and the D. T.'s got a lot more, but, of course, it cost something to keep working sixty hours and we had to be entertained. Our slogan in those days was not "Safety First."

### Helping One Another

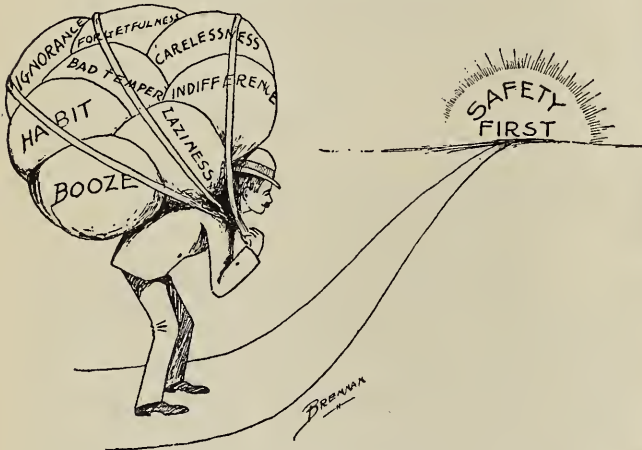
"SAFETY FIRST" is a new movement; the old self-preservation law under a new name. The name has changed because its advancement has required a definite term to designate the difference between

yesterday's thoughts on this subject and today's. Yesterday it was each man for himself, and God pity the weak. Today it is, take my hand and I'll help you out. Safety work without co-operation is a failure. Safety work with co-operation means that you and I are each going to know as much as we both knew together before. "Safety First" can not be over-exaggerated. To you it means Life, Limb, Bread and Butter.—*Public Service Safety Bulletin.*

### Drink Gone—Conditions Improve

It is gratifying to note the effect of closing the saloons in the southern mining districts. The honest observer has learned that the saloon is not a necessity and that wherever it exists the community suffers in health, wealth and comfort. It is hoped this plague has gone—never to return.—From Report of the Colorado Fuel and Iron Co., 1913-14.

#### HANDICAPPING HIS PROGRESS



—From "The Mixer," Joliet Steel Works

### Why X Isn't Promoted

AN employee of the Bessemer and Lake Erie Railroad has composed a string of stanzas on the careless employee who does not get promoted, describing his characteristics. Among them appears the following, according to *The Mixer*:

"Going to work, stops at the bar  
To have a drink; or, in a car  
At work, hid from the foreman's view  
From bottle takes his nip or two."

#### A Clear Brain

No man with his brain befogged with liquor or who has put in the night carousing is a safe man to have around. He is liable to injure himself or someone with whom he works. Therefore, be careful of your habits after working hours if you expect to report for work the next morn-

ing. This is the safety side of the question, but of equal importance to you is the money which will be saved, and the fact that you are doing right by yourself and family.

### The Business End of the Liquor Question

THE time has come when all concerns are against the liquor business, not from a prohibition standpoint but as a business proposition. Whisky and efficiency do not go together and a drinking man is a poor man for the company.

#### Milk Solves the Problem

THE Macey Company, of Grand Rapids, after it forbade the use of alcoholic beverages, made arrangements with milk companies to have their wagons call at the factories at ten o'clock every morning. The men are permitted to stop work to buy milk. This has practically solved their drink problem.—*The Mixer.*

#### THE STUMBLING-BLOCK TO PROMOTION



—From "The Mixer," Joliet Steel Works

### A Labor Problem

By GEORGE BLAIKLOCK, Attorney-at-Law  
**M**UCH controversy has arisen in regard to drinking and the employment of labor. Sometimes it is asserted that a cessation of drinking would lead to a falling-off of trade and an increase of unemployment. The facts and figures prove quite the contrary of that proposition. The money annually spent by the wage-earners (in Great Britain) in intoxicating liquor is estimated to be about £100,000,000, which means that drinking wastes and takes from the all too small wage fund that enormous annual sum.

#### Liquor Money Not Surplus Money

A large proportion of those who drink do so at the cost of home, food, clothing



and furniture. The liquor money is not a surplus sum left in the hands of the working classes after spending enough for the comfortable maintenance of themselves and their families. There is, in very many cases, no possibility of such a surplus, and of those articles which are most needed for the comfort of life, the homes and families of the heavy drinker are deprived.

### Necessities Give Employment to Larger Number

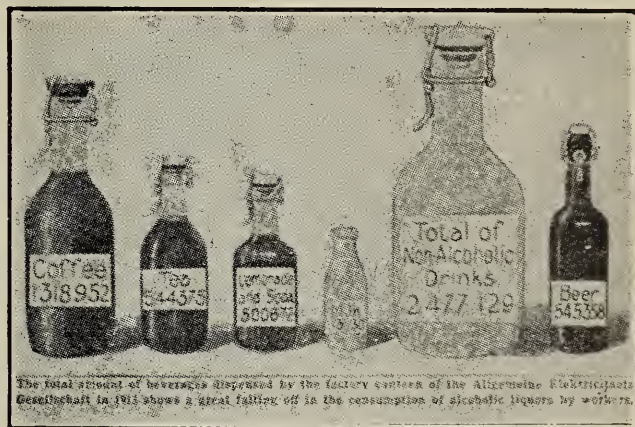
In the manufacture and distribution of these necessities a greater number of persons is employed than is the case in the manufacture and distribution of liquor. It must also be remembered in this connection that the larger the number of persons there is engaged in manufacturing and distributing alcoholic liquors, the greater is the ultimate economic loss to the State. Alcohol is at best a dangerous luxury, not a necessity, and the wage-earners are spending a large part of their wage fund in a commodity which is absolutely unnecessary on the one hand, and which entails upon themselves and the community such a serpentine trail of evil results as is disclosed by this inquiry on the other. This foolish expenditure is producing and accentuating every evil condition in our social life.

The evidence shows that many earn large wages, but by the unwise use of their prosperity, instead of spending the money in buying furniture, and thus employing their fellow-wage-earners in making it, and enriching themselves and their homes, it is spent on alcohol, which leads not only to their own impoverishment, bad health, domestic misery, and very often to the Criminal Court, but to unemployment.

A memorandum, prepared by the editor of the *National Temperance Quarterly* (June, 1913,) from the Census of Production, the figures and deductions in which are confirmed by an official of the Board of Trade, shows that the manufacture of liquor employs less than one-third of the labor which would be employed by the expenditure of the same amount of capital in furniture, clothes and houses, and this is so, although alcoholic liquors are valued without the duty payable upon them.

When the duty is added, together with the huge profits of the retail trades, the disparity between money spent in liquor and in useful and necessary commodities and the relative amount of that expenditure spent as wages becomes tremendous, and proves that the money spent in alcohol goes into a few channels, most of which are already congested, whereas the money spent in necessary commodities is distributed and flows like a health and life-giving stream among all classes of the nation, blessing him that spends and him who makes.

But, it is objected, you cannot draw any accurate comparison between labor employed, say, in making furniture, and that in making beer and spirits; you must trace everything down to the ground. Even so, it is submitted the proportion herein noted holds good. Take cabinet-making as an illustration. If we take the manufacture of barley into



malt, thence into beer, beginning with the barley and the hops as raw material, and compare that with the cabinet-maker, who uses sawn timber, veneer, glue, glasspaper, locks and hinges, nails, brads, and screws as his raw material, the disparity before mentioned between the respective amount of labor employed stands.

But now trace each industry down to the ground. In the case of beer you have labor employed in ploughing the field, sowing the seed, reaping the harvest, planting and picking the hops, transportation, etc. But compare those processes with those necessary in the production of the raw material of furniture. In that case the trees must be felled, sawn into timbers, cut into veneers, the iron must be got and wrought to make the nails and screws, the brass locks and hinges have to be made, the



glass paper and the glue employ labor in their manufacture. It is obvious that the many processes in which labor is employed, before a beautiful set of furniture worth £100 can be produced ready for use in the home, require and employ a very much larger number of persons than are employed in making and placing £100 worth of beer in a publican's cellar.

### **Liquor Labor of No Permanent Value A Contrast of Profits and Wages**

Further, when we consider the permanent value, beauty and utility of the furniture and compare them with beer, with its possible results in the case of some of its consumers, we realize how odious comparisons are. I leave the reader to form his own judgment of the matter after study of the valuable and helpful appended facts, but I do submit that the comparison of the money spent by the workers themselves on liquor £100,000,00 a year, needing, as many of them do, more clothes, better food, and more furniture, it is a more striking instance of waste and unwise expenditure than is the case of the rich spending £9,000,000 a year upon motor cars.

I agree that the wages paid, as a whole, to the workingman should be higher than they are, but the sober workman with his desire for a fuller life, more leisure and a higher education, better housing, clothing and furniture, and a nobler environment, is elevating the standard of life and comfort, and thereby helping to raise the general rate of wages paid, and to bring nearer the complete emancipation of labor.

### **A Contrast of Profits and Wages**

The profits of Guinness & Co., Brewers, of Dublin, are over six times the amount they pay as wages. In a shoe manufacturing company in the west of England, employing 1,600 persons the wages paid are six times the amount earned as profits.

From the returns issued by the English Board of Trade Mr. John Rae has computed the average value of output per person employed in the various trades as compared with the liquor trade. He finds that:

#### **For Every Person Employed**

The Brewing and Malting output is worth .....\$1,655

Food, including confectionery and preserving .....	595
Furniture .....	470
Housing .....	420
Clothing .....	355

There are 2,373,125 men over eighteen years of age returned in the Census of Production as engaged in the occupations represented in the preceding statistics. These men should be the principal consumers of the home-manufactured products enumerated, by providing them for their families. There are, however, still comparatively few industrial homes in which there is sufficient room, food, clothing, furniture or warmth. The transference of but half of their present expenditure for drink by these men to proportionate purchase of essentials would not only absorb the half of brewery and distillery workers presumably discharged but would employ at least an additional 100,000 men.

### **The Question of Social Solidarity**

This anti-social trade is carried on thus profitably at the cost of weakening and destroying all that makes an individual happy, efficient and prosperous, and all that makes a nation truly great. The people perish in order that brewery shareholders shall have high dividends, and children go to school ragged, dirty and hungry that distillers may flourish.

"The prevalence of intemperate habits in a country diminishes both the number of days in a week, and the number of years in his life during which the breadwinner is earning full wages," says Professor Marshall, in "Economics of Industry."

"Viewed from the economic and political standpoint," says Arthur Henderson, M. P., "and having regard to the facts that the workers must eventually be the instrument of their own political salvation, I have no hesitation in saying that there is no factor which is keeping the workers back more than is to be found in connection with the liquor traffic."—Report from a Special Inquiry for the British National Temperance League.

\*

ALCOHOL is a marvelous source of light and energy. What we ask is that people use it in filling their lamps, the reservoirs of their automobiles, and not turn it into their stomachs.—Casimir Périer, Ex-President of France.



## World-Wide Notes

### A CHRISTMAS WITHOUT VODKA

CHRISTMAS morning came in a Russian village, writes an English correspondent quoted in *L'Abstinence*. The tables were loaded with roast goose, turkey, ham, pastries, sweets. There was the smoking samovar. The village choir came accompanied by a stringed orchestra. They performed three or four pieces, not forgetting, naturally, the national anthem.

A kiss to the host, an exchange of greetings with the feminine members of the household, then one tasted a bit of turkey and poured out a glass of—tea. The local policeman calls; he offers his good wishes, cries "Long live the Czar" and receives a glass of—tea. Then come the postmaster, the former manager of the vodka monopoly now out of a job, the priest, the baker, the groceryman, the neighbors; they embrace, they sing, they gesticulate, they chat, and they drink—tea. For those who have celebrated Christmas in a village, it is difficult to imagine a Russian Christmas without vodka.

### CLEAR HEADS—LESS CRIME IN FINLAND

ARRESTS for drunkenness in Helsingfors are stated by a local paper to have fallen from 4,417 in August and September, 1913, to 1,110, in the same months of the year 1914 after vodka was prohibited. The number of general offenses fell off nearly 50 per cent. The figures are especially conclusive, as Finland's men between 20 and 40 years of age are not under compulsory military service, so that the diminution can not be ascribed to absence of her male population.—*L'Abstinence*.

### NORWAY RESTRICTING ALCOHOL FURTHER

THE Norwegian Parliament during the past three years, according to *Goodtemplarbladet*, has adopted various measures restricting the sale and use of alcoholic liquors, especially in the army and navy and in railroad trains. Local elections have reduced the presence of the *samlag* to twelve cities.

### NON-ALCOHOLIC DRINKS FOR SWISS PEOPLE

ALL the health surgeons, officers of the Swiss Army, reports *Der Abstinenter*, Oct.-Nov., 1914, have received orders from the surgeon-general to co-operate with their commanders in reducing to the smallest possible amount the use of alcoholic drinks by soldiers not on duty, and to make provision for cheap non-alcoholic drinks, milk, tea, coffee and mineral water. During service, alcoholic drinks are strictly forbidden. Before marching out to their posts, orders are that their field flasks shall be filled with tea and coffee. The landlords are also officially notified that they must be prepared to furnish the troop with non-alcoholic drinks, milk, coffee and tea, at acceptable prices.

The Swiss government has also stopped distillation from potatoes and grain for the year 1914-15 and suspended indefinitely the sale of the monopoly stock.

Thus does a modern nation protect its soldiers and civilians from the the enemy alcohol.

### IT IS NOT "FORBIDDEN"

AMONG the posters issued by the SCIENTIFIC TEMPERANCE FEDERATION last year was one bearing the portrait of the German Emperor and selections from the text of his Murwick speech against alcohol. The poster proved to be a very popular one, especially among German populations. But when a German consul in the state of Washington objected to it, after the outbreak of the war it stirred up quite a bit of ponderous official and diplomatic correspondence in the United States.

Now we read in *Der Alkoholgegner*, published in Vienna, that such a portrait of the Kaiser bearing the text of his Murwick speech has the central place in a Good Templar window exhibit in the city of Linz, in upper Austria. The whole exhibit is arranged to give special prominence to the anti-alcohol attitude of the German Emperor. In an adjoining window are placed pictures from the German navy with texts about alcohol and

naval service. Another collection shows the pictures, statements and orders of prominent German military officers.

An Austrian paper calls the Kaiser's Murwick speech a "trump ace" for the temperance cause. Evidently in the German races they are not afraid of making the truth known. And among the many things "*Verboten*" this speech of the Kaiser's is not one. Probably that German consul in the United States, when he objected to the use of this picture poster, did not know or realize the progress Germany has made in discovering that alcoholic drinking customs are a serious handicap to efficiency.

### SOME NEW FACTS ON ALCOHOL AND SCHOLARSHIP

**F**REQUENTLY American teachers complain that certain classes of pupils come to school stupid and sleepy from beer or wine given them by parents ignorant of their harm.

The Holland Society of Abstaining Teachers which made an inquiry in 1912 in regard to the use of alcohol by school children, has recently published the result of a later investigation. This inquiry covered 14,263 children. Of these, 5,448 were abstainers, 8,679 drank occasionally, 136 drank every day. The average scholarship of these three classes is shown in the following table:

#### SCHOLARSHIP

	Poor Per Cent	Fair Per Cent	Good Per Cent
Abstainers .....	16.4	50.2	33.4
Occasional Drinkers .....	21	53	26
Regular Drinkers .....	25	58	16.9

### BELGIUM'S ALCOHOL CONSUMPTION

**T**HE yearly chronicle of the progress of the anti-alcohol movement furnished by Prof. Hercod, Director of the International Temperance Bureau of Lausanne, Switzerland, records that during recent years the consumption of spirits in Belgium has fallen off 50 per cent. It is not just, he thinks, to charge, as some journals have, that the Belgians are sodden with drink and, therefore, undeserving of world-wide sympathy.

\*

It is estimated that there are about 300,000 victims of chronic alcoholism in Germany.—Professor Gonser, Berlin, in *Die Alkoholfirage*.

### BULGARIA

**T**HE temperance education work conducted in Bulgaria by the veteran missionary, Rev. J. F. Clarke, D. D., has gone on in spite of the Balkan war. Thirty-four thousand tracts and 3,500 supplements to publications were issued in January, 1914, twenty-three villages have excluded saloons, twenty-seven temperance societies have been formed, one of which is at the National Gymnasium in Sobroro. The Minister of War has asked for 10,000 tracts and other material which he will distribute in the army.

### HOLLAND'S PETITION FOR LOCAL OPTION

SIGNATURES to the number of 700,000 were attached to the petition to the government asking for local option.

### SETTING AN EXAMPLE TO THE ENGLISH SOLDIERS

AN ENGLISH Society formed under the auspices of the Archbishop of Canterbury consists of members who have pledged themselves to abstain from alcoholic liquors until the end of the war.—*L'Abstinence*, Jan. 16, 1915.

\*

### A NEW FIELD WORKER

DR. E. P. FELCH, of Grand Rapids, Mich., igan, has recently received a commission from the National Temperance Society, to act as "Field Worker" for the Society, and is now open to engagements. He will represent the Society, arrange for meetings, deliver addresses and handle the literature and subscription work of the society.

Dr. Felch is a graduate of the medical department of the University of Michigan, in 1893. Since then he has devoted the greater portion of his time to the practice of medicine and surgery. Eight years of this time has been spent in sanatorium work which has given him unusual opportunity to study, first hand, the effects of alcohol. Address, General Delivery, Grand Rapids, Michigan.

\*

THE prophet said, "My people are destroyed for lack of knowledge," not for lack of exhortation. To a right-minded child or youth the most impressive of all moral lessons is the one that convinces his understanding and is thereby lodged in his reason.—Mary H. Hunt.



## What Is In the Magazines

### How Fighting Material is Lost

THE tragedy of war is that it demands the nation's best. It must have the efficient man. May it be that out of the present strife one of the great lessons learned for peace will be the absolute necessity of sobriety if a man is to be "fit" and his work well done?

Chancellor Lloyd George, of England, stated in Parliament early in February that the efficiency of the Russian soldier had been increased from 30 to 40 per cent by the prohibition of liquor. On the other hand, the *British Medical Temperance Review* laments the apparent apathy on the drink question in England as regards the soldiers notwithstanding the appeals of the late Lord Roberts, Lord Kitchener and Lord Methuen. "In the House of Commons it was stated recently that between 30 and 40 per cent. of our new soldiers are being rendered inefficient through drink and its attendant evils. The Prime minister admitted from 10 to 15 per cent. . . . 'Facts are facts,' says the *British Weekly*. The nation knows only too well what is happening. Russia and France in a lesser degree have shown us high examples.' . . . Let us not rest until we have made Great Britain a sober nation, at least for the period of the war."

*Punch* has taken a hand (Nov. 4, 1914) in setting out false ideals shown by treating soldiers in the following lines by Sir Owen Seaman:

#### To a False Patriot

He came obedient to the Call;

He might have shirked like half his mates

Who, while their comrades fight and fall,  
Still go to swell the football gates.

And you, a patriot in your prime,

You waved a flag above his head,  
And hoped he'd have a high old time,  
And slapped him on the back and said:

"You'll show 'em what we British are!

Give us your hand, old pal, to shake,"  
And took him round from bar to bar

And made him drunk—for England's sake.

That's how you helped him. Yesterday,  
Clear-eyed and earnest, keen and hard,  
He held himself the soldier's way—  
And now they've got him under guard.

That doesn't hurt you; you're all right;  
Your easy conscience takes no blame;  
But he, poor boy, with morning's light,  
He eats his heart out, sick with shame.

What's that to you? You understand  
Nothing of all his bitter pain;  
You have no regiment to brand;  
You have no uniform to stain;

No vow of service to abuse,  
No pledge to king and country due;  
But he had something dear to lose,  
And he has lost it—thanks to you.

### Unnecessary Deaths

But Great Britain is not alone in this needless loss of men by drink. The failure of the Austrians to prohibit the sale of alcohol during mobilization cost them, according to a report in *Der Alkoholgegner* (Oct., 1914) a loss of many soldiers. The most casual newspaper reader, says the report, can testify to the number of men killed or injured through the result of drink. Almost daily accounts appeared of men falling from the trains, quarreling, stabbing, shooting. Many were crippled for life, many arrested and sentenced to long imprisonment for misdeeds committed in drunkenness. Dozens of men in the best years of their lives, are lost to the service of the public and the state in the most unworthy way, because of the failure to stop the sale of drink during mobilization as was done by the Germans.

### The Chronic Drinker Unfit

When to those lost to the service through acute alcohol poisoning are added those whom chronic poisoning for long periods before mobilization had rendered unfit, the loss is seen to be incomparably greater, says *Der Alkoholgegner*. It is not necessary to include those who, when the call to arms came, were dead prematurely, from diseases which, however named otherwise were

really alcoholic; it is enough to consider only those who, when called out were found to be unfit for military service. Why were they unfit? With some it was heart trouble, others had something wrong with the kidneys or the liver; with others it was gout. And why were these men, still in the twenties or thirties, scarcely in the forties, in this condition? With a great number, entirely too great a number, it was because of drink. This does not mean that they had become drunkards. They may never have been drunk. Probably a large part of them were considered "able to carry" a great deal. This immunity to acute intoxication was bought at the price of a chronic alcohol poisoning, which may remain concealed for years only to come to light some day and demand at a single stroke the whole long-delayed reckoning.

### What the Day of Reckoning Means

Especially among the so-called national leaders, leaders now in the war who, as students, having no other way of demonstrating their prowess, endeavored to become "drink-proof," are there now many who, when the great need arises, are no longer fit for military service on account of drink.

One of the Vienna papers gave recently an instance of one who had come to realize painfully the cause of his present defeat.

At a great round table in the local drinking place, with a large number of other "guests," sat a young jurist, a large, heavy fellow with face and skull covered with a network of scars that welled and glowed with every swallow he took from his glass. He was the most famous swordsman of his corps. In the midst of talk about the war, some one turned to him and asked: "Tell me, my dear doctor, why you are not at the front?"

With a troubled look, the old student replied shortly, "Beer heart."

"Indeed! Is that so?" the others commented, and the war talk continued.

The young jurist sat with a sober look upon his face. Then after three or four minutes he struck the table with his fist a blow that made all the glasses jump and spill out their beer, at the same time shouting through the room, "The d——d alcohol!"

We do not know how great is the loss

of war through the internal enemy, alcohol. At any rate, say the foreign writers, it is much larger than that due to any other internal enemy.

The military losses from alcohol may be a stimulus to greater efforts to rid the countries of this powerful internal enemy. In this, thoughtful men of all nations are in unity.

\*

## The Importance of the Scientific Temperance Federation Work

By DR. ROBERT HERCOD

Secretary International Temperance Bureau

**W**HAT is being done in the United States to disseminate more accurate ideas upon the non-value of alcohol? This side of the work is certainly that which in my opinion is the most neglected, too much neglected in the United States.

It is to this task that for several years the Scientific Temperance Federation, which has its headquarters in Boston, has devoted its effort. The Federation endeavors to spread in every possible way, through all means, the facts concerning alcohol.

It is in permanent connection with the European temperance movement, and in its journal, the SCIENTIFIC TEMPERANCE JOURNAL, it translates the principal articles appearing in our European reviews. It has organized also a very interesting anti-alcohol exposition which is used in a traveling exhibit similar to those of Switzerland and Germany, and has prepared for the exhibit and for the use of lecturers a series of anti-alcohol posters.

I had the impression in visiting (June, 1914) the offices of the Federation in a quiet section of Boston, that it was doing there a very interesting and important work which ought to receive larger support. It has been too often forgotten in the United States that legislation without a very strong public opinion to support it is insufficient, and public opinion will never range itself in a decided manner for the side of abstinence unless abstainers work unceasingly. The brewers and distillers are making desperate efforts to convince the people that the use of alcoholic drinks is harmless and even beneficial; there is necessary a decided counter attack from the opposing camp.



## TEMPERANCE INSTRUCTION IN THE HOME OR THE SCHOOL

**T**HE father who spends most of his evenings of the week in the saloon who attributes all sorts of virtues to alcohol, would seem to be a strange professor of anti-alcoholism.

The father who has nothing but coarse words for his wife and children, who treats them brutally, who is constantly quarreling and disputing, does not seem to be entirely qualified for teaching his children tolerance and social solidarity.

The father who himself neglects the most elementary personal hygiene is a

poor one to give his children anti-tuberculosis instruction, the last word of which is hygiene.

Anti-alcoholism has become a science, a science of recent date, the elements of which are scattered among numerous works. Those whose duty it is to give instruction in these facts have to collect and study them before they are properly qualified to teach them. For this reason; anti-alcohol instruction must be given by teachers who have themselves received a systematic preparation, who are provided with educational material, books, tables and such special material and well ordered program.

## The Library Table

**ELEMENTARY BIOLOGY.** By James E. Peabody, M. A., and Arthur E. Hunt, Ph. B., New York: The MacMillan Company. 194 pp. \$.65.

To teach boys and girls that they have in their bodily machines a gift capable of splendid work which may help increase the sum total of human efficiency and happiness is the avowed object of this volume which, accordingly is intended for school use. It has interesting features in its practical discussion of bacteria and human welfare, its suggestions for experimental work and observations.

The authors evidently feel less sure of their ground in treating the nature and effects of alcoholic drinks. Their statistical material and illustrative incidents are good and in the main reliable, but when they attempt to deal with the technical, chemical and physiological aspects of the subject, their treatment is neither clear nor consistent nor in all respects accurate.

It is a curious error, for instance, to say that "ether and chloroform do not quicken any process in the body as do stimulants," among which alcohol is placed by those writers. As a matter of fact, the early effects of ether and chloroform upon patients frequently are to produce intense excitement and activity. Ether quickens the pulse. [Wood's Therapeutics]. There are those whom morphine greatly excites.

The difficulty with the alcohol section of this book is that the authors have evidently not clearly thought through the questions they are treating in the light of the latest researches such as those of Meyer and Overton, for example, which give a new and consistent basis for placing ether, chloroform and alcohol in the same group. They have classified ether and chloroform according to their characteristic dominant action and alcohol according to a temporary effect. The book advocates abstinence especially for youth, but the recommendation is reached by bewildering

routes, some of which seem likely to misdirect the thought of the pupil on this important subject.

\*

**ALCOHOL AND THE WAR.** By John Mac Millan, D. D., London, E. C.: James Clarke & Co., 13 Fleet St. 28 pp.

This address before the Irish Presbyterian General Assembly at Belfast, October 25, 1914, is a strong appeal to Great Britain to measure up to the other nations against alcoholism. The appeal is based on the testimony of the British Military and Naval Leaders and on the actual steps taken by other nations since the outbreak of the war to repress alcoholism.

**THE GREATEST COMMON DESTROYER.** By Harry G. McCain and Deets Pickett, Chicago: Central Office of the Epworth League. 136 pp.

Every year makes necessary new compilations of facts on the alcohol question and the re-arrangement of material to meet special situations. The authors of this little book have prepared it for the Methodist Temperance Society for study by the young people of the church in Epworth Leagues. It contains no specially new facts, but will be a useful handbook for its purpose, especially its suggestions as to what young people can do in dealing with the great American alcohol question.

**THE NEW MAN AND TWENTIETH CENTURY PROBLEMS.** By Newton H. Riddell, Chicago: The Riddell Publishing Co., 7522 Garrison Ave. 118 pages. Cloth \$.50, paper \$.25.

The author, a popular lecturer in Chautauqua and other circles in the Middle West, has gathered in this interesting little volume his lectures on some of the physical and spiritual problems met by men of this century, bringing to their helpful discussion both medical knowledge and spiritual illumination.

# AT LEAST 14,411 SUICIDES IN TEN YEARS

1901-1910

## To Whose Deaths Alcohol Contributed



**Black Gravestones Represent the  
Percentage (23%) of Suicides of  
which Drink is Estimated  
One Cause**

# ALCOHOL GOING FROM THE MEDICINE CHEST

Statistics from Massachusetts General Hospital

1897



Spent for Alcoholic Liquors  
\$0.46 per patient

1906



Spent for Alcoholic Liquors  
\$0.13 per patient

**Expense For Drugs fell off 45 per cent.  
Expense For Liquors fell off 70 per cent.**

*There was no change in prices*

*"It indicates a rapid and striking change on the part of the  
physicians on the hospital staff since it has become known that  
Alcohol is Not a Stimulant but a Narcotic." — Dr. Richard C. Cabot*

# Tax Payer and Philanthropist Pay Drink's Bills

Black Sections show percentage due directly or indirectly to drink

**Poverty 25%**



Reduced by Charitable Organizations

**Pauperism 37%**



Public Charges in Almshouses

**Child Misery 45.8%**



Orphaned or Neglected on the part of  
Parents or Guardians

**Insanity 25%**



45,000+ insane in the United States  
where insanity is chargeable to drink

**Crime 50%**



Estimates of Drunkenness

**Divorce 19.5%**



Estimates of divorce in which the  
drunkenness was a factor

## How Much of This Do You Pay?

*"If the alcohol question were solved there would still remain other  
social questions to be solved, but it is also true that as things stand  
today no other question of social welfare can be taken up with any  
prospect of securing effective results until the alcohol question is  
solved." — Judge Hermann Papert, Hamburg, Germany.*

# Three Accidents on Monday to Two on Other Days

**What the Zurich Building Trades Learned**

1900-1906

**Av. Accidents Monday**



**Av. Accidents Other Days**



## DRINK UNSTEADIES NERVES IMPAIRS JUDGMENT



# POSTERS

## FOR

### PUBLIC HEALTH CAMPAIGNS

---

*The following Selected Posters are especially desirable for use by Boards of Health and Physicians :*

- No.
1. PARENTS' DRINKING WEAKENS CHILDREN'S VITALITY.
  2. PARENTS' DRINKING RETARDS DEVELOPMENT OF CHILDREN.
  3. MORE WHITE PLAGUE IN CHILDREN OF DRINKERS.
  27. THREE ACCIDENTS MONDAY—TWO ON OTHER DAYS.
  28. DRINKERS HAD ONE-THIRD MORE ACCIDENTS THAN ABSTAINERS.
  29. ALCOHOL GOING FROM THE MEDICINE CHEST.
  30. WHERE DRINK DID ITS WORST AMONG INSURED MEN.
  31. SOME DISEASES OF CHRONIC DRINKERS.
  32. DRINKERS HAD MORE SICKNESS THAN THE AVERAGE.
  33. DRINKERS' SICKNESS LASTED LONGER THAN THE AVERAGE.
  34. MORE DRINKERS DIED EARLY.
  35. KEEP COOL. DRINK INCREASES DANGER FROM SUNSTROKE.
  36. DEATH RATE IN PNEUMONIA INCREASES WITH ALCOHOLIC HABITS.
  37. TUBERCULOSIS PATIENTS HANDICAPPED BY ALCOHOLIC HABITS.
  39. ABSTAINERS HAVE LESS SICKNESS, SMALLER DEATH RATE.
  42. ALCOHOL RESPONSIBLE FOR ONE SUICIDE IN EVERY FOUR IN UNITED STATES.
  43. INSURANCE RECORDS SHOW THAT DRINK SHORTENED LIFE 11 PER CENT.
  46. DRINK'S COST TO THE TAXPAYER IN POVERTY, CRIME PAUPERISM, ETC.

***SIZE—24 x 38 inches on excellent paper***

ALL ILLUSTRATED—Some pictures, some diagrams.

Many Printed in TWO COLORS.

***PRICES:—***

Single Posters	-	-	-	\$ .20
Dozen	-	-	-	1.50
Set of 50	-	-	-	5.00

Special Prices in Quantities.

***Poster Reductions:***

Size 6 x 9 inches. Exact Reproductions of Large Posters—50 cents per set.

---

**THE SCIENTIFIC TEMPERANCE FEDERATION**  
**36 Bromfield Street, Boston, Mass.**

# The Scientific Temperance Exhibit

CONSISTS OF

## Posters and Models

A Descriptive List of the Set of 50 POSTERS will be Sent on Application. The models now ready illustrate the following subjects:

1. Effect of Alcohol in a Typesetting Experiment.
2. Effect of Alcohol in a Typewriting Experiment.
3. Comparative Sickness and Death Rate in Abstainers and Non-Abstainers.
4. Death Rate of Abstainers and Non-Abstainers in the United States.
5. Alcohol as a Cause of Death in the Prime of Life.
6. Infant Mortality in an Alcoholic Family.
7. The Alcohol Factor in Insanity.
8. Alcoholic Parentage of Epileptics.
9. Habits of Convicts in Regard to Intemperance.
10. Poverty and Drink by Nationalities.
11. Efficiency in Coal Mining, With and Without Alcohol.
12. Comparative Alcohol Content of Beer, Wine and Whisky.

Each model has a neat wooden foundation. Geometrical figures attractively painted, and other interesting objects serve as illustrations. Explanations are plainly lettered on base-boards, and a brief lecture reading is also provided.

These models with the 50 posters constitute a most attractive and educational exhibit. Terms, \$15.00 per week. Send for further information.

The 50 posters which constitute a part of the exhibit remain with the renter when the models are returned.

The exhibit method is justly popular because it teaches through the eye, the most effective way of receiving clear and lasting impressions.

Applications for the exhibit are now being received from various parts of the country. Transportation expenses can often be reduced by making successive engagements in nearby towns.

---

## The Store Window Exhibit

Where only window space can be secured, the posters and models can be used to keep up a continuous interest for weeks by changing the materials every few days.

"Reaching the People Where They Are" is a twelve-page, illustrated, leaflet (price 5 cents) filled with suggestions for installing striking window exhibits.

Send for further suggestion.

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THE SCIENTIFIC TEMPERANCE FEDERATION

36 BROMFIELD STREET, BOSTON, MASS.



# SCIENTIFIC TEMPERANCE JOURNAL

APRIL, 1915





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# Scientific Temperance Journal

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**T**he great cause of social crime is drink. The great cause of poverty is drink. When I hear of a family broken up and ask the cause---drink. If I go to the gallows and ask its victim the cause, the answer---drink.

---Henry Ward Beecher.

## How Alcohol Affects Cell Life

BY DR. NAUSE.

A lecture delivered before the Beliefeld Temperance Society.

**T**HE effects of alcohol upon the functions of the body and upon mental activity as a whole are tolerably well understood by well-informed persons; less well understood is its influence upon the vital processes as they are carried on in the individual living elements of the body, the cells. Some may be inclined to think that knowledge of this kind is of minor importance to the practical aims of the temperance movement. But the explanation is of advantage, for it helps to establish a foundation for our warfare.

The word "explanation" is perhaps misleading. You must not expect clear, undisputed facts concerning the influence of alcohol on the life of the cell in the same sense that the results of Kraepelin's findings concerning the effects of alcohol upon mental operations may be said to be established.

In the present subject, we are still in the fields of theory, of opinions and explanations, for which more or less important indications can be cited, but which we are not yet able to prove indisputably.

We are well acquainted with ethyl-alcohol, with its chemical and physical properties, but when we consider it in relation to the living cell, we are at once confronted with the question of life itself; the old riddle in undiminished proportions rises before us.

When, eighty years ago, it was proved that all living beings, whether of plants or animals, consist of minute structural

units, called living cells and their descendants, it was thought that the solution of the great riddle was very near, and yet, today, after innumerable investigators have broadened and deepened our knowledge, we find ourselves still far from the final solution of the riddle.

### The Cell Described

Before presenting a new theory as to the effect of alcohol upon the life processes of the cells, it seems proper to review briefly the fundamentals of the conception of modern biology concerning the cells so far as is necessary for our present theme.

Every cell is a tiny microscopic lump of fluid substance in which various partly formed, partly dissolved substances are enmeshed. The thickly fluid basal substance of the cell is called protoplasm. Embedded in this protoplasm is a smaller bit of firmer substance, the nucleus. Nucleus and protoplasm are the necessary parts of every cell. These cells may be seen to be surrounded with a membrane called the cell-membrane.

It is quite generally supposed that the living substance, the protoplasm, consists only of albumin. But this idea is not correct. Every cell contains the substances which we take in our food. The most important substances for the life processes of the cell are, it is true, albumin, but every cell also contains sugar material called carbohydrates, fat, salts and water. The most indispensable

\*Die Enthaltbarkeit.

substance for the life of the cell is oxygen.

The investigations of the last ten years have shown that even the simplest cell is an elementary organism in which a very complicated machinery is in operation. And while albumin plays a very important role in the machinery, other materials are also necessary to maintain the life processes aright.

### Why the Cell Needs Water

Special emphasis must also be placed upon the fluid condition of the cells. The water content of the body is much larger than we generally suppose. Water constitutes about 65 per cent of the weight of the adult body. The amount of water in the individual organs of the body varies within wide limits. The tissues of the inner layer of skin contain, for example, only 15 per cent of water, but the brain and spinal cord, and the large and small glands of the body contain between 79 and 80 per cent.

The fluid condition of the protoplasm is necessary because only in that state is assured the easy movement of the molecules which promote the constant changes in the construction of the living substance. These changes constitute what we call metabolism. It is metabolism that differentiates the living from the lifeless organism; it is far and away the most prominent characteristic of the living processes. Indeed, one might say: All the manifestations of the life of an organism are the expression of the continual change of substance; these changes constitute life.

### The Effect of Alcohol Upon the Cell

Let us turn now to the theories which have sought to explain the attack alcohol makes upon the life processes. There are four of these theories:

1. The theory of Gaule, which rests upon the water-extracting property of alcohol.

2. The electro-chemical theory of Dr. Georg Hirth of Munich, the editor of "Jugend."

3. The theory of Meyer and Overton, based upon the fat which protoplasm contains.

4. The theory of the Bonn physiologist, Verworn, which is founded upon the relation of alcohol to the supply of the oxygen needs of the cells.

### The Water-Extracting Theory

The physiologist, Dr. Gaule, professor in the University of Zurich, gave a lecture before the Fifth International Anti-Alcohol Congress in Basle in 1895 on "The Use of Alcohol From the Standpoint of Physiology." In this lecture he stated that the living substance of the cells, the protoplasm, stands in peculiar relation to the supply of water, and that, in fact, its activity seems to depend upon it. "But alcohol," said Gaule, "withdraws the water from these bodies; wherever these come into contact with it they shrink, and that hinders their normal activities."

This explanation of the lowering of normal activity through the water-extracting property of alcohol in its very simplicity appeals to the imagination. It has prevailed for a long time in the anti-alcohol literature, it was well suited and very good to use in the anti-alcohol instruction in the school, but there are, nevertheless, quite serious objections to it.

Absolute alcohol, that is, alcohol 80 or 90 per cent pure, has certainly a very strong water-extracting and shrinking power, which is easily shown with albumin in the test-tube (or by placing the white of an egg in alcohol.) But when one considers that a man takes about half a liter (about a pint) of beer containing 22 cubic centimeters of alcohol (about 4-5 of an ounce), that this amount of alcohol enters the blood stream, which in the grown person amounts to 5,000 ccm. of blood, that the blood is in constant exchange with the fluids of the body, with the water constituent of the body, and that an adult weighing 150 pounds would have about 90 pounds of water, we then see that the dilution of the alcohol would be so great that it must be a question whether this water-extracting property alone suffices to explain the lowering of cell activity.

### The Electro-Chemical Theory

A second theory has been offered, not by a scientist but by a layman, Dr. Hirth of Munich, in a small book which appeared in 1910, on *The Electro-Chemical Impulse of the Organism*. In this, Dr. Hirth aims to show that electricity is one of the chief forces in the vital process, and in that connection he lays particular emphasis on the functions of the nervous system, in which electricity plays an unap-



preciated and hitherto very little investigated role.

Hirth's idea is about as follows: The salt fluids of the body are not only the conductors and bearers, but also the generators of electricity by the life process. Fine currents of electricity are constantly being generated. In the cells, substances are constantly passing from a state of thick solution to thin solution, from an insoluble to a soluble condition, so that a constant mingling and intermingling of the constituents of the cells is all the while taking place. Constant change is also going on in the salt contents of the cells, exchanges between the salts in the cells and those in the blood and surrounding fluids. These changes are connected with the most delicate electrical processes. Dr. Hirth has endeavored to show that these electrical phenomena control the life processes in the living organism.

To support this theory, he brings forward three sets of facts—the effects of alcohol upon the body, death due to lack of salt, and the results of injecting solutions of salt in cases of dangerous hemorrhage, disease and poisoning.

The only part of Hirth's theory in which we are here interested is the effect of alcohol. He called attention to the fact that alcohol and ether are among the greatest enemies of electricity, because they not only directly diminish the activity of the body affected by them, but they also greatly impair the electrochemical properties of the salts that are of so much importance to the body.

Absolute alcohol is a complete non-conductor of electricity. On this subject, Hirth says:

"Alcohol diminishes the active molecules of a solution and increases the inactive ones; it diminishes, therefore, the chemical work and the exchange of material."

I have not gone far enough in physics and chemistry, especially in the so-called physical-chemistry, to offer an opinion as to the value of Hirth's theory. The objection has been raised by scientists that his theory is not new and that one may not base the explanation of vital processes upon a single principle as he has done. I am inclined to this opinion, but I look upon Hirth's explanation of the injurious effects of alcohol upon the elec-

trical processes of the body, and thereby upon the life process of the cells, as a welcome contribution to our knowledge of this subject. I would warmly recommend Hirth's book to any one who has some knowledge of natural science.

### The Fat-Dissolving Theory

For the third theory of the effect of alcohol upon cell life, we are indebted to the two investigators, Meyer and Overton. Meyer is professor of pharmacology, that is, the science of poisons and medicines. Overton is a botanist. This theory is based, as already stated, upon the fat contents of protoplasm. By the word "fat" we do not mean alone the forms of fat with which we are familiar, as animal tissue fat, lard, butter or oil, but certain fat-like or wax-like materials which have been named *lipoids*.

That kind of material may occur in a great many combinations. Two of these which have long been known are lecithin and cholesterolin.

These fatty substances are present in all the cells of the body, but they are especially abundant in the nervous system, the nerve fibres and nerve cells. The brain is rich in these fatty substances beyond all other tissues of the body.

A well-known property of a number of materials which benumb the nervous system is that they easily dissolve fat and fatty substances. Those in which we are most interested are the well-known anaesthetics—ether, chloroform and alcohol—which in their chemical connection stand closely related.

These substances very easily penetrate all cells of the human body because they are able to easily pass through the enclosing membrane which holds back other chemical substances, for example, salts, acids, etc. In the interior of the cells they enter into loose chemical solution with the fatty substances found there, the lipoids, and thereby get up a disturbance in the activity of the cells, the manifestation of which we see in the lowering of the vital activity.

Diminution in the vital activity of the brain cells we call, in a narrow sense, benumbing or narcosis. The brain cells are the most complicated and sensitive of all cells; every disturbance of function in the nervous system makes itself manifest in an especially striking manner. We need not wonder, therefore, if the taking of

only small amounts of alcohol causes impairment of the most delicate mental faculties.

Chemical analyses proves that because the brain cells are especially rich in fatty substances, they can take up larger amounts of alcohol, ether and chloroform than the cells of other organs. The conclusion may also be reached by other means.

In my earlier practice as medical examiner, I have often had opportunity to examine the bodies of persons who were seriously injured after a heavy drinking bout. In such cases the sudden death prevents the processes by which alcohol is changed and eliminated in the living body, and I have frequently found a decided odor of alcohol in the brain, but not in the other organs.

The theory of Meyer and Overton explains in an interesting way why the brain especially suffers first and directly under the effects of alcohol and the other narcotics of its class, but it leaves much to be explained concerning the process of narcotization. For that reason, other explanations have been sought to account for the lowered activity and disturbance of vital processes of the cells.

### The Oxygen Diminishing Theory

Such an explanation we have in the theory of physiologist Verworn of Bonn. As this theory throws light not only upon narcosis, but upon other important processes, it is here presented somewhat in detail.

Verworn starts with the changes called "metabolism," already referred to, which are observed not only *en masse* in the bodies of men and animals, but also in the individual cells.

The metabolism of the cells consists of a continual building up and breaking down of the living substance of the protoplasm. A large and important part in the breaking down is played by *oxidation*, that is, a combination of certain liberated parts of the protoplasm with oxygen. Under the influence of external stimuli, that is, changes in external conditions, a disturbance arises in the balance between the building up and the breaking down. Nearly all stimulating influences which affect the body cause an increase in the breaking down. Continued influences of that kind, such as arise from muscle

work, the effects of temperature, baths, etc., lead to fatigue and exhaustion, two conditions which Verworn has included under the head of work-reducing, that is, a checking or impairing of activity.

### What It Means to Be Tired

Fatigue in the physico-chemical sense means that certain substances known as fatigue products which are set free by the breaking-down processes accumulate in the cells. Exhaustion, in Verworn's opinion, always depends upon the general condition of the body in regard to lack of oxygen. Exhaustion and fatigue stand in an inseparable relation to each other, fatigue being a consequence of exhaustion.

The lack of oxygen leads to extensive accumulation of products of fatigue. If enough oxygen were supplied to the protoplasm, these products would either not arise, or would be removed as fast as produced.

The process can be artificially imitated by experiments: a muscle severed from its nerve connection can be made to contract by stimulation with an electrical current. After a time, as the result of the increased breaking down of the living substance of the cells, the fatigue products accumulate and put a stop to the excitability. Then, if one injects a weak salt solution through the arteries of the muscles, a certain amount of the fatigue products will be carried away and the muscle will become again, to a degree, excitable. Complete excitability can only be obtained by the injection of a salt solution to which artificial oxygen has been added.

We see from this what an important part oxygen plays in the life processes of the cells and especially, it must be added, in the working ability of the nerve cells of the brain.

Let us summarize the facts: When external stimuli is continually applied to a muscle cell, its effect is to destroy the balance between the processes of building up and breaking down the substance of the cells. The products of fatigue accumulate and these, coupled with a lack of oxygen, still further disorganize the cell. If the stimulation of the cell is stopped, the proper balance between building up and breaking down will be restored of itself, the products of fatigue



will be carried off, the lack of oxygen will be made up. This natural process we call recuperation. The best and most complete recuperation from mental or physical work takes place in sleep.

### Sleep as a Restorative

It is clear from this what an important part sleep plays in maintaining health and working ability. In China, where there is no lack of refined methods of executing criminals, one of the most gruesome is depriving them of sleep. Death takes place in from five to seven days.

In fact, continued loss of sleep must inevitably lead to death; but a reduction of sleep causes an injury to health. Repeated curtailment of sleep must in the long run most seriously impair the working ability of body and mind.

Verworn has shown by his own experiments and the investigations of his pupils that during narcosis, that is, during stupefaction by alcohol, ether, chloroform and other narcotics, the living substance of the cell absorbs no oxygen, even when the need of oxygen has been raised to a high degree through previous labor or other excitation.

They have also shown that the building up of living protoplasm, the replacing of the constituents that have been used up, for which oxygen is of prime importance, is hindered by narcotics, while the breaking down of the living substance, destruction, continues during narcosis.

Narcotizing with alcohol constitutes, therefore, a very serious encroachment upon one of the most important vital processes, the oxygen changes of the living substances of the cell.

That this encroachment varies with the amount of alcohol taken, from a scarcely noticeable influence to a fatal stage of narcosis, is a fact only too well known to us all.

We do not yet know all the details of the influence of alcohol upon the organism, but we know from the physiological investigations of Verworn and from the psychological work of Kraepelin that with reference to the most important functions of the brain, the influence of alcohol, even in the smallest effective amounts, manifests itself from the first

as a depressing, a paralyzing, effect upon the living substance of the cells.

### Natural Sleep and Alcoholic Sleep Not the Same Thing

Our theories of the processes of fatigue, or recuperation and of sleep have a close relation to Verworn's theory of narcosis. He calls attention, with much emphasis, to the fact that sleep and narcosis are not the same thing. In sleep the balance between building up and breaking down is restored; recuperation takes place. In narcosis, on the contrary, recuperation is hindered because the intake of oxygen is checked, or entirely suspended. When we employ artificial means for producing sleep, among which alcohol is a special favorite, we do not produce that which is characteristic and valuable in sleep, recuperation, but only a loss of consciousness which arises from entirely different conditions than the loss of consciousness in sleep.

For a long time we have heard from younger teachers in our circles the remark that after they have worked hard all the week they feel justified in going to the beer house on Saturday evening and taking their glass of beer. We see how little justification there is from the physiological standpoint for this plea for recuperation through alcohol.

If you should ask me which of our four theories as to the origin of alcoholic narcosis and its relation to the vital activities of the cells deserves the prize and best answers all the conditions of an uninterrupted examination, I must declare your question misdirected. The life of even a single cell is complicated, made up of a great many contributory processes which stand in the closest interdependence upon each other. Since we know very little of all these participating processes, science, in spite of all the progress that has been made, is yet not able to solve the riddle of life.

In order that the process which we call life may begin and develop, many conditions are necessary, no single one of which can be designated as the cause.

So it is with the abnormal process which we know as narcosis. It also requires a number of conditions with which we are little acquainted, and for that reason it is not yet possible to formulate a theory of narcosis that is satisfactory from every side.

### Recapitulation

The four theories mentioned emphasize various conditions that are necessary to the origin of narcosis, to the lowering of cell activity; one is connected with the fluid condition of the substance of the living cell, another with its salt constituents, the third with its fatty substances, and the fourth with its need of oxygen. All four present to us interesting sides of cell life; but with the brilliant investigator, Verworn, we must look upon them only as building stones

for a future theory of narcosis which we have not yet reached.

While we must accept with resignation the fact that we do not yet know all the details of the influence of alcohol, we have still to be thankful to science for lifting the veil a little in so many places. She has shown us that alcohol creates disorder in a number of conditions vital to cell activity, and how little one is justified in regarding it as a harmless part of the daily diet.—Translated for the SCIENTIFIC TEMPERANCE JOURNAL.

\* \* \*

## What One City Did for Efficiency

### A City Pulling Together Against Alcohol

THE exhibit has come to stay. The January JOURNAL contained the program of an Efficiency Institute planned for Appleton, Wisconsin, in which emphasis was to be directed for four days to the great question of the relation of alcohol to personal, community and national efficiency.

The Institute was carefully planned in advance to enlist all classes in the city. The public meetings were addressed by representatives of the local manufactures, physicians, teachers, workmen, clergymen, lawyers and college professors. Attractive music furnished by college and high school students, stereopticon slides obtained from the Scientific Temperance Federation, Boston, gave variety to the general features of the mass meeting. At least 9,000 were believed to have attended the meetings and visited the exhibit.

For the exhibit, the resources of all the temperance organizations of the country were drawn upon, and it was regarded by many visitors as the most attractive feature of the Institute. "Perhaps the most interesting exhibit," said the *Appleton Daily Post*, "is the one sent by the Scientific Temperance Federation of Boston. It is the most lifelike and contains some of the strongest lessons."

The Institute was the suggestion of Rev. Henry Stauffer. A local organiza-

tion was formed some months in advance to do the necessary preliminary work. The result was a most encouraging success. "The interest," said the *Appleton Post*, "was intense. Everybody talked exhibit. A survey of Appleton had been made, and the facts of the liquor traffic in this city were brought home to the people." Resolutions against drink were signed by teachers, physicians and employers. Essay contests were carried through in the public schools, and leaflet reading contests by the children.

The plans for "reaching the people where they are" with the facts about alcohol are multiplying monthly. For a concentrated object lesson, the Efficiency Institute is to be highly commended.

The survey feature is of special importance because of its local interest and convincing power. When the judge of the town can show from his court records the approximate cost of crime due to drink; when the merchant and manufacturer can cite their ledger losses traceable to the same cause; when the family physician can add the evidence of his case book and the teacher that of her attendance roll and the mental and physical condition of her pupils, the evidence is bound to produce conviction that must result in action.



## Total Abstinence and Industrial Efficiency

By FRANK J. HARWOOD

President Appleton Woollen Mills, Appleton, Wis.

**T**HERE is probably no word in the English language that has been brought before the manufacturer with more force than the word efficiency.

### Drink a Weak Spot in Efficiency

When we commence to take time studies, to readjust machinery to get the most effective results, we discover where the weak places are, and they have to be reinforced by stronger ones. As has been shown in this Institute, one of the very weak places in the manufacturing institution is allowing the use of alcohol. A man cannot do his best work when he has been under its influence. He may not go into the institution drunk, or showing the effects of alcohol; but, if he has been imbibing the night before, it shows in his work; it slows him down, his intellect is not as keen, his action is not as quick.

We commenced this weeding-out process a number of years ago because of the management's inherited hatred of the liquor traffic; so we have not had that to do in the new movement for efficiency; but it is an unwritten law, and has been for years, that we would not engage a man who was addicted to drink. We have men, no doubt, in our employ who take their occasional glass. We sincerely hope that they will become total abstainers; but we have gone a step further in the weeding-out process, and are striking out the boy who uses cigarettes.

### Manufacturer Has No Option With the Drinking Employee

A few years ago it was optional with the manufacturer whether he would employ a man who was addicted to the use of alcohol or not; and it was generally considered that, if he did not, he was a crank on the temperance question. But it is no longer optional with the manufacturer; the state has come in and says that if a man is injured on the premises the manufacturer must stand his doctor's bill, hospital bill, and certain percentage of his weekly wages until he is able to return to work; and, if it is an incurable injury, he must continue to

pay for a long time. Every manufacturer knows that a man under the influence of alcohol is more liable to accident than one who is not. I need not go into that, because this has been put very strongly before you in this Institute, but this puts it where the manufacturer, if he looks after his own interests, must cut out the man addicted to drink, and total abstinence is the only safe ground for him to take.

### Drink a Menace to Industrial Sanitation

The state has further come in and said to us as manufacturers: "You must put your factory in a sanitary and healthy condition, so that your employees may enjoy better health and more comfort." It does not take a manufacturer very long to judge that it makes very little difference whether his factory is in a sanitary condition or not to the man who will not take care of himself when he is not in the factory; who spends his nights in carousing and boozing and making a hell of his home. The domestic science courses for our girls will lead to the making of better homes, where a man will get suitable nourishment and home comforts, and will remove one of his temptations to seek pleasure and recreation in the atmosphere of alcohol in the saloons.

### Proper Recreation as an Aid to Sobriety

Proper recreation comes in as a part of efficiency, and is one of the very best agencies in this line; and here, again, we may welcome the moving picture show. Where the husband formerly ate a hurried supper and rushed out to spend his evening in the saloon in a way that dragged him down, and left his family impoverished, today we find him taking the wife and children and spending the evening in the movies, and also spending less money and getting more pleasure for the whole family.

These influences work for efficiency because they are making better boyhood and better girlhood and better manhood and better womanhood, which go to make up a better neighborhood.

## A City in Account With Alcohol

By JUDGE THOMAS H. RYAN, Appleton, Wisconsin.

**T**HIS age demands the best business results as well as the most effective service and the most circumspect conduct. It insists on discouraging what is useless or detrimental, as well as on adopting what is helpful and progressive. Habits, ways, customs, appliances and methods which interfere with effectiveness are giving way to those which accomplish things without waste and without danger to the public.

Child labor in this state received its death sentence when it was made clear to all that such labor was unprofitable to the employer, unjust to the children employed, and a danger to the community. Alcohol, as a beverage, will receive the same sentence when the truth about it is known.

The subject assigned to me involves the question, "What does Appleton give in return for the \$13,200 paid annually into its treasury by the sixty-six saloons for license to do business in our city?" Does Appleton part with anything in order to get this large sum of money each year?

### Three Times as Much Spent for Liquor as for Schools

The first question which naturally arises is, What percentage is \$13,200, the money paid into the city treasury as license fees, of the money spent in Appleton each year in purchasing liquor? This cannot be accurately ascertained. However, well-established statistics show that the average consumption of liquor per capita of the United States is over twenty dollars.

Our city has a population of approximately 18,000. The people of Appleton, therefore, spend approximately \$360,000 each year for alcohol. Of this sum the city administration receives 3 2-3 per cent. That more than \$360,000 are spent for liquor each year in Appleton is established by the fact that sixty-six saloons are doing business, and the best statistics available are to the effect that the average daily receipts of a saloon in a city the size of Appleton must be at least \$12.50 in order to meet the bare expenses and leave no profit. Think of our

people spending over \$360,000 a year on alcohol and only \$115,000 on our schools.

### Money Spent for Drink Cannot Be Spent for Necessities

What do the people of Appleton get for this large sum of money? A drink, a little pleasure, perhaps, and something else which will perhaps be better understood when I have completed my talk.

The \$360,000 spent each year to buy alcohol is lost to the public. It means that each year \$360,000 worth of clothes, food, fuel and other necessities of life cannot be purchased because of this expenditure on alcohol. But that is not all. If it were, we would not need to worry.

### Three-Quarters of the Crime Chargeable to Alcohol.

Alcohol as a beverage is chargeable with at least 75 per cent of all crimes. Some statisticians place the percentage higher. My own experience of eight years as municipal Judge convinces me that over 75 per cent of all crimes committed in our county is directly traceable to intoxicating drinks.

From the day that I became Judge until the present time, before imposing sentence I have always questioned the defendant as to his work, his family relations, his savings, and as to how he spends his earnings. The information thus gathered satisfies me that over 75 per cent of the crime committed in Appleton is due to intoxicating drinks.

The non-supporter, the individual brought into court for failure to support and provide for his family, has never succeeded in proving to me that lack of remunerative employment was responsible for the want and penury of his family. I found that alcohol alone was to blame. Practically every thief brought into court admitted that strong drink caused his downfall; and so, also, have the great majority of those charged with assault and battery, abusive language, assault with intent to do great bodily harm, bastardy, and other offenses involving the loss of chastity, admitted that strong drink was the force that impelled them on.



### Drink's Trail Through Family Desertion

The history of the deserter differs but little from that of the drunkard. Intoxicating drinks are usually the cause of his trouble. As a young man he may have been industrious and saving. From an occasional glass to a daily glass is but a step; wine and women another; a forced marriage to avoid exposure, the next; drink to drown family relationship without love, is the next; then loss of employment because of inefficiency, flight; and the story is told.

I do not claim that this is the history of all deserters and non-supporters; but I do say that it represents a large percentage thereof. In fact, I do not now recall a single case of desertion or non-support which was tried in the Municipal Court in the past eight years that cannot be traced to the drink habit.

Alcohol being responsible for 75 per cent of crime, it follows that alcohol is chargeable with at least 75 per cent of the cost of the maintenance of those tribunals and institutions made necessary because of crime, such as our police department, jails, workhouses, and the criminal branch of our courts.

Judge Ryan then showed that alcohol was undoubtedly responsible for the following expenses:

In Police Department.....	\$ 8,097.75
In County Criminal Expenses	7,642.74
In Poor Department.....	5,360.00

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Total .....\$21,100.49

### Losses by Uncollectible Debts

Then there is another loss caused by alcohol. Collectors tell me (and my experience as a practicing attorney for fifteen years, and also as Municipal Judge for eight years, bears them out) that over 50 per cent of the uncollectible debts are due to alcohol. It is impossible to ascertain the exact sum of money lost each year by our merchants and business men through poor collections; but it is safe to say that it is thousands of dollars.

### How Bad Bills Affect the Cost of Living

Many people imagine that uncollectible accounts concern business men only. This is an error. While the losses incurred through the uncollectible accounts are in part borne by the owner of the business, the biggest part of the loss is

shifted to those consumers who do pay. In other words, the loss sustained through uncollectible accounts in a particular business is taken into account in fixing the price of a given article; therefore, the public pays the penalty.

### Drink Boosts the Price of Lumber

Take, for example, our lumber industry. An observer who spent years in the woods, and who employed hundreds of men for years, states that today we are paying from 10 to 20 per cent more for lumber than would be necessary if the lumber jacks let liquor alone. The average man hired for the lumber camp goes to the camp drunk and broke. A camp needing 100 men will show every month the names of 175 to 200 men, and practically all the trouble about holding them is caused by the liquor habit.

It is impossible to say how much the cost of lumber is increased by the drink habit; but it is safe to say that if every man were at his best physically, mentally and morally, lumber would cost the user 10 per cent less and possibly 20 per cent. A canvass of the lumber yards in this city shows that almost \$300,000 worth of lumber was sold in the city of Appleton during the year 1914; to be exact, \$286,267.13 worth of lumber was sold here last year. Ten per cent of that sum is \$28,626.71. This is the lumber tax we pay annually to alcohol.

### Coal Bills Higher Because of Drink.

What is true of lumber is also true of coal and fuel. Inefficiency caused by drink is even greater in mining regions than it is in lumber camps. It is safe to say that the cost of coal to the consumer has been increased 10 per cent by alcohol. The various fuel companies and dealers in this city sold \$633,109.50 worth of fuel last year. Ten per cent of this sum is \$63,310.95. King Alcohol certainly has no fault to find with the tribute paid to him by our people.

### Alcohol's Mischief in the Home

Alcohol's greatest harm is done in the home. Its entrance even in the smallest quantities should cause one to tremble, for in alcohol's wake follow suffering, sin and crime. Just as alcohol blurs the judgment and makes the drinker think he is working faster and better under its influence than he would otherwise do,

so also it makes him indifferent to the happiness, rights and welfare of others. It does not concern him that the squandering of his earnings in drink brings misery and want to others. The wife whom he promised to love and respect, his children whom he brought into being, the community which he contaminates, the public whom he robs, are of no consequence when weighed in the scales of selfishness. If his children go wrong, he never for a moment blames alcohol or himself. If his wife, because of neglect and want, becomes unfaithful, he and alcohol are blameless. He cannot see how his over-indulgence in intoxicants could furnish his wife an excuse for adopting his standard of morality.

Besides impairing one's efficiency, alcohol makes one selfish. A drunkard is the quintessence of selfishness. It does not matter to him that his wife and children have nothing to eat and wear if he has all the liquor he wants to drink. Selfishness increases with the quantities consumed. The so-called moderate drinker does not realize that his drinking is making him selfish. If he were not selfish he would give it up for the sake of others.

For years we were told by them that alcohol is a food and a stimulant. Now that science has demonstrated that alcohol is a poison only, we are told that "a poison which takes twenty-five or fifty years to kill a man cannot be a very serious poison." And the drinker swallows this deceit and clap-trap with his drink and thanks God for these noble defenders of personal liberty.

### **What Alcohol Does as a Slow Poison**

It is true that alcohol does not kill at once, and 'tis a pity that it doesn't. If it did, sane people would leave it alone. If it did, there would be fewer orphans and widows. If alcohol killed instantly, there would be neither red-light districts nor vice commissions. If alcohol killed at once, there would be little need of our tubercular sanatoriums, orphan homes, poorhouses, workhouses and jails. The trouble is that alcohol is too slow in its killing. It is not satisfied in destroying the body, it insists on first killing the soul, and that takes time. Before it kills the drinker, it must blast the life of those nearest and dearest to him; it must rob youth of its birthright, middle age of its manhood, and old age of its hope. Not

satisfied with killing alone, it must first crush innocence with burdens which God never intended should be borne. The material, the dollar-and-cent burden, cannot be separated from the attendant immorality of the drunkard, and the poisonous virus of the latter drops on the bearer of the burden, who distributes it throughout the community, where its infection breeds misery and want among the innocent and helpless. This is the curse of alcohol. This is why alcohol is more devastating than the black plague.

### **The Moderate Drinker's Responsibility**

The occasional drinker and the so-called moderate drinker are more guilty than is the drunkard himself; because they alone give standing and respectability to the drink habit, and it is out of their ranks only that the drunkards stagger to curse society. The moment the occasional drinker and so-called moderate drinker abstain from intoxicants, that moment the curse of alcoholism will vanish like a mist before the rising sun.

Therefore, we appeal to the occasional drinker and to the moderate drinker to come to the aid of the unfortunate drunkard. He is unable to assist himself; he needs our help, for he is nigh sick unto death. His higher functions and faculties have been weakened, while his lower ones have been exaggerated by alcoholic poison, which never fails.

Come to the aid of his wife and children. They, too, are powerless to help themselves. They love life; they love the good things of this world as well as we do. God intended that they should have their share. What right have we to stand in the way of their getting it? Don't tell them that because we want our occasional glass their condition is hopeless. Don't send them back to their hovels in despair. Who knows but that some day it may be our son or our daughter that may be pleading for help?

### **Advantages of Personal Abstinence**

Let us abstain on our own account. Drinking alcohol is an expensive habit; it cuts down efficiency and it kills. Why spend so much time and money on education to make ourselves efficient if we intend to permit alcohol to cut down our efficiency? For a little pleasure, why burden ourselves with taxes, why pollute



the atmosphere we breathe, why jeopardize our chances for future life? For each of us to abstain means so little; for humanity and progress it means so much. Let us catch the spirit of the age, sacrifice and service, and, thus strengthened, let us decide upon our course. If we are

true to ourselves, if we are honest with our neighbors, if we are loyal to our country, if we are faithful to our God, by abstinence from alcohol, we shall have wiped out alcohol's account with our city long before another year shall have elapsed.

\* \* \*

## The Safety Man's Experience

By GEBHARDT KAMPS, Appleton, Wis.

Manager Safety and Efficiency Department of the Riverside Fibre and Paper Company.

**T**HE drink habit is, without a doubt, the most troublesome and most unsatisfactory condition in our industries, because it has no aim in uplifting or bettering the condition of man, but has every qualification of a destroyer. This being the case, a man with the habit is considered an inefficient employee. Science has proven this to be a fact; certainly, then, the drink habit must be contrary to laws governing efficiency.

Thanks to the working plan of the safety first movement, we have educated men out of each department to take up the safety and welfare end of our institution.

### Stopping the Saloon Habit

We have thus been able to get at our men who have the habit of stopping in saloons for their eye-openers and fire extinguishers, No 6 size, before going to work at noon hour. The employee knows exactly where we stand on this score; such practices are absolutely forbidden, and should a man enter our premises and be detected as under the influence of liquor, we are very careful not to allow him to proceed with his work. We suspend him for the day, and on his return he is advised that a repetition of this nature means dismissal. The manufacturer knows that this type of man is a hindrance to the producing end of his business and further understands that he is a good victim for accidents, which fact again proves that the power of efficiency is lessened by the drink habit.

### Annals of Accidents

Seventy per cent of accidents are traceable to drinking men, and this on account of their inability to foresee the points of danger as rapidly as a man free from this habit. Accidents are expens-

ive to both manufacturer and to the injured. The manufacturers' accident insurance rate is based on the hazards of his establishment, and, where accidents occur frequently, the rate is based in proportion. The injured receives but 65 per cent of the weekly wage in case of disability after the seventh day, therefore losing 35 per cent of his weekly earnings and all of the wage he would have earned the first seven days.

### Family Deprived

This certainly deprives his family of some necessities; on the other hand it affects efficiency because a new man must take his post, and it may take some time to have this man become an adept.

These facts being known, there is but one alternative, and that is to become total abstainers in order to increase your efficiency for the manufacturer, and to immunize yourself from accidents for the sake of your families, and if you can not master the situation on this score, at least become a more moderate drinker.

Manufacturers and any and all classes of employers are dropping drinking men from their list of employees. This is certainly the most practical temperance lesson ever taught. All these institutions are simply looking for efficiency that they may increase their producing powers.

### Manufacturers Interested

The reason is that the law does not ask the condition of the injured, whether drunk or sober, but the nature of the accident is all the law asks for and holds the manufacturer responsible for same. This being the case, we have a right to select whatever means we may choose fit to safeguard ourselves.

### How the Teamster Was Discharged

A man employed as teamster in one of the northern mills came to work on several occasions in an intoxicated condition. The manager, noticing the condition of the teamster on one particular morning, was considering what to do with him to break him of the liquor habit, but before he decided the man himself decided by falling off his wagon seat, breaking his neck. It will not take a Judge or jury to decide for Mr. Manager the next time a case like this presents itself.

This manager talks total abstinence, and will do so forever.

### Another Accident

Another accident comes to my mind somewhat similar because alcohol predominated in this case. A teamster whose duty it was to do cleaning around the office had taken several nips in the morning, and his condition was noticeable to his manager. This manager learned of the accident previously relat-

ed, and figured that neither the law nor anyone else was going to slip one over on him, so notified his man to leave the premises for the day. The man, however, decided to fulfill at least a small portion of his duty by taking his horses to a water trough, located about one-half a mile from the mill. His team was hitched up and Mr. Man started for the trough, but, passing a saloon, figured a nip or two would make him feel better. After imbibing quite freely, he tried to climb on his wagon, missed his footing, and in the fall received a broken leg. His horses became frightened and in the run-away collided with a farmer's outfit, and in the spill the farmer sustained a broken hip and his horses ran away, and I guess King Alcohol laughed at the excitement.

It meant loss of an employee, certain preliminary expenses, etc., and the farmer instituted a suit for \$5,000 damages, and this was the manager who thought no one would slip it over on him. Do you blame this man for encouraging total abstinence?

\* \* \*

## What Should Be the Attitude of the Teacher Toward the Modern Anti-Alcohol Crusade?

BY PROF. F. G. KELLER

Principal of the High School, Appleton, Wis.

**T**HE attitude of the teacher toward the modern anti-alcohol crusade is determined,—

(1) By the law which requires that (Section 447a) provision shall be made by the proper local school authorities for instructing all pupils in all schools supported by public money or under state control, in physiology and hygiene, with special reference to effects of stimulants and narcotics upon the human system.

(2) By the natural office of the teacher—one who instructs, trains, and inspires.

(3) By the self-evident relation of the use of alcohol to citizenship. Teaching of civics is and should be a positive instruction, but in regard to the relation of alcohol to civic life there is at least one big **Don't** to be taught.

The modern anti-alcohol crusade aims at Efficiency—material, personal, social, and spiritual. And when one considers the evidence of scientists to the effect

that as the user of alcohol habituates himself to the alcohol habit it becomes increasingly difficult to save him from harm, it places the teacher and parent in the most strategic position of the crusade. They stand as sentinels at the gateways of the city of life. And young life is ever asking the fateful question, Whither?

### Facts to Be Taught

As to instruction, our duty as teachers must be plain on the following points:

(a) The Economic Waste due to the alcohol habit.

(b) The Deteriorating Influence of alcohol on mind and body.

(c) The Imprint of Weakness upon this and coming generations caused by the attack of alcohol upon the citadel of life—the brain and the nervous system.

### Basic Principles to Be Established

As to training, we should not forget



the old and homely virtues of self-denial, self-control and unselfishness. Much of the intemperance today, much of the unbalanced life program, is due to our letting go of the old but sound principles of right living, those principles which made our forefathers such sturdy men and women. Train students in the art of measuring life at its true values. Show up to them the false standards so commonly accepted by the average men and women. Education is incomplete if it does not put the student into possession of a group of basic habits and attitudes. Resisting temptation is not a matter of reason or logic—it is a matter of life-habit.

### **A Sense of Responsibility to Be Cultivated**

As to inspiration, we should ever bear in mind to lead the young boy and girl to a full realization of the sacredness of his body and his mind. Nothing is so helpful in rounding out the complete training along the lines already mentioned as the realization that all of us are made in His image.

No one purposely puts a blot upon his 'scutcheon of life. It is the ignorance and recklessness of youth that form the greatest barriers to a well established life.

Next to the full appreciation of the sacredness of the mind and body God gave us for safe-keeping and developing, is the appreciation of what we owe to posterity. Some of the striking facts as given in the exhibit material here in the institute and such facts as are found in Gulick's "The Next Generation" can be used with entire propriety in any class that has studied some physiology and hygiene. In earlier classes, the ground can be prepared by using whenever convenient material in the nature of biography in which the lives of our worthy and great men and women are portrayed in vivid and life-like qualities, and in all this work there should be built up a fine spirit of reverence and veneration for all that is good and noble in these lives, to the end that every boy and girl will be left with a firm determination to lead a worthy life.

### **Training for Citizenship**

Aside from these more or less restricted and personal ends to be sought in

the work of the teacher and the parent, there is the large duty of the teacher to prepare a student for efficient citizenship. To date, few schools have done little more than teach the form and machinery of government. For a student to think and to express his opinions on the alcohol question, on the saloon question, on questions of sanitation and health and other kindred questions was considered preposterous. For, the argument ran, young people don't know anything about such matters and then, at any rate, it "stirs up feeling, etc." And this argument concluded thus: "Teachers had better mind their own business anyway. What are we paying them for?" These are actual responses, and I have placed them in quotation marks. I could cite several stronger ones; some taken from the responses when Appleton High School got out an Economic Efficiency Bulletin on statistics from Kansas.

The answer to this argument is simple. When are boys and girls going to learn to think if not in school? That is just what we as teachers need to do. Teach the live things as they are going on in our communities **now**. If we don't do this, teachers, our boys and girls will be twenty years behind the times when they actually go out into life. To train them fully, we need not only to give them a view of the great and wonderful past; but we need to use the vital and actual present in order to interpret much that we read and hear about of the past, otherwise our knowledge of the past will be mere word-knowledge and memory the only training gotten out of the school exercises; and, above all, we must get them to take the view ahead, the view into their actual life as it is fast coming on. Unless they catch a vision of the part they are to play in that future they will be out of harmony with it when it becomes present. That is our trouble now; so many grown-ups have ceased to grow, have ceased to think, have ceased to hope and work, have lost the "tang" of life, have become fossilized and crust-ed over with the past. Everything in life is fixed with them, their egotism knows no bounds and they try their best to shackle the future.

### **Building Efficient Lives**

Then there is the large group of workers. How they swarm around the hive

of industrial efficiency today, toiling, but not knowing what for; fighting, but not knowing what or whom; hoping, but not knowing how to realize that hope. The modern workers are still looking for a Moses to lead them. The unscrupulous leaders are blinding them to the real fact that in a democracy the workers are the moulders of their own destinies, their own happiness. In education lies the hope that the workers shall see clearly how they are related to the great problems of industry, how they are related to the forces of government, how they are to conserve their vast powers and resources to the interest of themselves and society. It is the duty of the school to teach the worker first, that in efficiency alone lies the first step to safety in the economic industrial world.

That the worker may know how to conserve his resources to the best ends, we need to instruct thoroughly in the values of life. The first lesson here today is, the worker must learn to look beyond the immediate good to the larger good beyond. Often a small sacrifice now would mean tremendous gain later and to the larger number, but the small visioned worker is not willing to make the small sacrifice. Among these small sacrifices is the pleasure of drink, for in-

stance. He does not care about the consequences to himself; a little later on, he does not care whether he is depriving his wife and children of their daily bread, he does not care whether or not society has to pay the penalty of the millions of wasted lives through drink, he does not care whether posterity will point her finger of shame at his indifference. He cries, Personal Liberty! Personal Liberty! Give me personal liberty and you can have my birthright as a citizen, my heritage as a man—yea, take my soul, just so you give me Personal Liberty!

Teachers, this is a tremendous task. But what a glorious task! To none except the father and mother is given the fine privilege of leading the young manhood and womanhood to a higher life. The schools of the land are the right hand of God, and with it He shall smite ignorance, prejudice and hate, and with it He will rear His great temples in the hearts of His people. He has placed them into our care; they are a trust to us. Let us accept it with a full appreciation of the magnitude of the labor and devotion needed to carry forward His work, and let this appreciation of being co-worker with Him be our greatest reward.

\* \* \*

### Drink as a Maker of Slums

THE question whether drink produced the slum, or the slum causes drink-evils, may not be definitely decided by the information obtained by Mr. George Blaiklock in his extensive investigation of "The Alcohol Factor in Social Condition," reported in the *National Temperance Quarterly*. It presents evidence, however, that cannot be overlooked in studying the problem, as the following accounts taken from the report show:

"We think that the dwelling-place in itself," says the Salvation Army Report, "will not make the drinking habit less or more. In the case of people that the Salvation Army has helped in the slums, their change of heart and life have at once changed their surroundings and home life, and sooner or later they leave slumdom, being able now to earn better money, and go to live in other localities;

but their old abode is soon inhabited by those who are still drinking.

"The slum dweller has not the same chance of keeping away from the public-house as the better-to-do, because of the number of beer shops in his neighborhood, which are out of proportion, we think, in number to the places where liquor can be obtained in better-class districts. The slum dweller has, in a large number of cases, come down from better circumstances; that is, the adult dwelling in the slum has not in all cases been born in the slums."

#### Slum-Dwellers and Saloons Must Be Separated

"The people themselves are indifferent tenants, and the landlords dare not do their best for them," said the Bishop of London in his Lees-Rapier Lecture (1912). "We have lived long enough in



the slums to discover that the drink trade dominates the social situation. We have succeeded in getting A. B. to sign the pledge, and come to the mission. His wife followed suit. In a very few weeks their home has been transformed; the children are at Sunday school, and their clothes no longer in pawn, and the parents have actually made their appearance in new clothes at church. We rejoice, but with trembling, for the question now is, How long will A. B. and his wife withstand the allurements of the public-house and the influence of its frequenters? There are so many drink shops that crowd these regions!

'As we visit from house to house, and gradually discover, in sympathetic discourse, the family history of each household, we are confronted with the fact that drink is everywhere, trickling through all the experiences of life like a foul and poisonous stream, and working incalculable mischief. Nobody, in fact, seems to remain in these slummy streets except failures, and these failures are almost always due somehow to drink. If we are going to get rid of the poverty, the bad housing, the dirt, the recklessness, the lax morals, the brutalities of the slums, we must certainly remove these people from the drink trade or the drink trade from the people. Very much else, indeed, will remain to be done. But until we deal very drastically with the drink, all other reforms will either be impossible or futile.'

### Slum Perpetuated by the Saloon

The view that drink is caused by overcrowding and other home discomforts is held by many who have not closely studied the habits and lives of the people, says Mr. Blaiklock. But, "the fact is, that while undoubtedly the slum helps the public-house, the public house also creates and perpetuates the slum. When the dwellers therein cease to drink, they move to better quarters.

"Locally our slums are in galloping consumption. But all the while dirty women and worse men, with undisciplined children, are converting new districts into slums. I have found all sorts in the slums—proportion difficult to estimate. Rarely, however, does a man stay there once he signs the pledge and keeps sober. This afternoon a man presided over our

meeting. His father intended him for an architect—he went wrong through drinking. Nine months ago he signed the pledge to abstain—he was then living in a model lodging house; with his wife he moved to a furnished room in a tenement house, then into a house of his own. I see this again and again. I have seen, also, that a move into a better neighborhood has caused a man to pull up, but rarely a woman. Better housing does not alter the drink crave in Blackburn."—W. L. Moss, Blackburn.

"In Heston Parish (Middlesex), at Cranford Lane, there is a small colony of houses built originally for brickmakers. There is one public-house there. The colony is quite by itself, surrounded by open fields; none but the least self-respecting live there. Gambling and other vices go on continually. To get a man to become a total abstainer is sure prelude to his leaving. Here are a few facts culled from this place, from the experience of a district visitor: (a) Girl suffering from St. Vitus' dance, *Father a drunkard*. (b) Girl very neurotic, *Father a drunkard*. (c) Child ill-clad and dirty, *Mother a drinker*. (d) Children mentally deficient, *Father was a drunkard*. Only two children have been fed this winter under the provision of meal act of the five thousand under the Heston-Isleworth education committee—these two came from Cranford Lane. Many of the dwellers here have been better off, and have come here as the last resort."—W. J. Lobjoit, J. P.

### How a New Slum Was Made.

The special committee of the borough council of Kensington appointed to inquire into the conditions of the Notting Dale district, reported, May, 1912, among other testimony, this from Mr. Wm. Jones, member of the Kensington borough council:

"I owned eleven houses at Lower Edmonton, each containing five rooms, long garden at back, and garden in front with iron railings, bay windows with stone dressings; they were built eight years ago and cost £210 each to build. The road and paths are wide, with trees on both sides, electric trams from the top of the road, the station is close by, with workmen's trains running to the city.

(Continued on Page 172.)

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## Observing Where the Harm Begins

SOMEONE, writing in defense of moderate drinking, says that everyone is capable of finding out for himself how much he can drink by observing what amount of alcohol affects him, that is, what amount produces slight signs of intoxication, or a headache the following day.

The objection to this view is that in order to know when harm really begins, the drinker must be able to sense the subtle changes that precede the recognizable symptoms of alcoholic disease. How can one "observe" the gradual growth of connective tissue in his liver, which leads slowly and without pain to a fatal cirrhosis?

When a drinker begins to be short of breath, can he "observe" the minute deposits of fat in the muscles of his heart, by which alcohol is preparing the way for another sudden and unexpected death from "heart failure?"

If the drinker begins to feel twinges that his friends tell him are the signs of rheumatism, will he be likely to attribute them to the alcoholic neuritis which his supposed "moderate" allowance has caused, but has not labeled for his warning?

In short, before the drinker can know whether or not his daily dose of alcohol is harming him, he, a mere man of the working multitude, must have precise knowledge of disease symptoms that often baffle experienced physicians.

The man who boasts of his ability to "carry" large amounts of alcohol without feeling or showing it, has often less

reason for self-congratulation than his easily affected neighbor, for, instead of a delicate brain, whose very sensitiveness would warn him against his drink, he has a dull watchman that allows him to injure other organs of his body unwarned of danger.

It is the non-sensitive drinker who may die of alcoholism, though all his life he has avoided intoxication and has acted as a decoy to those of finer nervous sensibilities, who are openly ruined in attempting to follow the example of the "moderate" drinker.

\*

## Denmark Preparing to Surprise Us

THE reason that many have been so surprised at the sudden announcement of Prohibition in Russia is that so little has been known of the preparatory work that has been going on there for nearly thirty years. In 1886, it now appears, a Russian physician came to this country to study our institutions, and became impressed with the progress of our temperance movement. On his return to Russia he wrote much about it, and the man who is credited with being the instrument in securing the present order first became interested in the question by reading one of this physician's books. He also became an agitator on the subject, and thus public sentiment in favor of Prohibition has been growing in Russia, until, according to the report of George Kennan, the Czar knew he would gain popularity with the people by giving them what they wanted—Prohibition of alcoholic liquors.

From an article soon to be published from the pen of Denmark's renowned economist, Professor Westergaard, it is clear that Denmark is getting ready to surprise the world in the same way.

But in Denmark, too, an educational work of which we have not heard overmuch has been going quietly on for a long time. In July, 1911, for instance, the *Abstinente Arbeiter* (Berlin), published a report of an immense temperance demonstration that had just taken place in Copenhagen.

The parade, which took at least half an hour to pass a given point, was composed entirely of workingmen. They carried banners informing the spectators that "Alcohol is a poison," "Abstinence



brings happiness," "Children are made to suffer from the drinking customs; fight King Alcohol." To these were added symbolic living pictures on flower-decked floats. A mass meeting at the close of the parade was devoted to public addresses, and a resolution in favor of improved legislation on the subject of alcohol.

That was four years ago, when the organized abstainers of Denmark numbered at least 175,000.

In 1914, they were officially reported (Internationales Jahrbuch des Alkoholgegners) as 195,196, or one to every fifteen inhabitants; they publish sixteen different temperance periodicals; receive an appropriation of 45,000 francs from the government, and now we have the leading economist of the country figuring out with patient precision the advantages which the country would derive from Prohibition.

Several years ago, when Prohibition was established in Iceland, the King of Denmark in signing the bill is said to have remarked:

"Few if any of my actions since I became King have given me more satisfaction than that of signing the Prohibition law of Iceland, and, if the parliament of Denmark will pass a similar law, I shall be more willing yet to approve."

\*

### ***The Undermining of Mental Qualifications Essential to Happiness***

**A**N experience involving the care of over two thousand patients whose maladies, mental and bodily, have been caused or predisposed to by alcohol, qualifies a physician to speak with some assurance on the subject. It is from such an experience that Sir Thomas Clouston treated in the Fifth Norman Kerr Memorial Lecture the question of the effects of alcohol on mental faculties.

#### **The Joy of Efficient Labor**

It is interesting to note how the physician's knowledge corresponds with the business man's experience as to the effects of drink on working ability. Drink "tends to dull feelings of responsibility, of worry, of insistent duty, and of a serious view of life," says the physician. "It diminishes the tendency to take trouble about things."

The workingman who does not feel disposed to take trouble to do his work as it should be done is an undesirable whom the employer marks for dismissal at the first opportunity. The first qualification for every worker is the power to give attention. Without it, there can be little memory, and, therefore, an insufficient basis on which to form sound reasoning judgments. The worker who weakens these faculties must of necessity weaken his value to his employer, and, therefore, his money-earning power.

"I think it may be said without hesitation," says Dr. Clouston, "that the action of alcohol on the power of attention is to make it less keen. . . . I believe it to be an enemy to the full working of the mind, by diminishing the power of attention."

It is not all of life, however, to work, and when all other arguments in favor of alcohol are answered the pro-alcohol advocate brings out this, "But it gives enjoyment and happiness," as an antidote for toil. Someone has said that "to live is to enjoy." This is true, provided enjoyments are chosen that leave no sting behind. Here drink makes life less worth living, for, says Dr. Clouston, "Looking to the pure emotions and higher pleasures of love, idealism, filial and parental affection, it undoubtedly tends to put them on a lower plane."

#### **Alcohol Blunts Capacity for Highest Enjoyment**

Next to the intellectual and emotional faculties whose proper working is necessary to our full enjoyment, come the instincts, and among these, says our mental specialist, "The social instincts of man conduce more to his happiness, taking average humanity into account, than all his other capacities put together. Home, friendship, amusements and altruism are all dependent on them."

But, in order to obtain the full benefits to be derived from the social instincts, the moral sense must be alive and alert. Here again drink enters as an enemy, for, if used at all freely, and in many cases when used in strict moderation, it tends to blunt or weaken this supremely important faculty, and thereby to injure individual, social and family life. "Weakened will-power, accentuated desire and blunted moral sense to-

gether are the characteristics of a degenerate, and a social type of man or woman which a well-governed state is entitled, for its own protection, to deprive of personal liberty." That immoderate use of alcohol produces this condition is proved by the fact that all the authorities attribute from one-half to five-sixths of all our criminals to the direct or indirect influence of alcohol.

### Premature Old Age Hastened by Drink

The ideal happy life ends in a beautiful old age, and thus increases the joys of living by prolonging the time through which they may be experienced. Alcohol tends to "age men prematurely," says Dr. Clouston. "The habitual use of alcohol in any degree over the strictest moderation, in my opinion and experience, certainly tends to bring on the signs of old age before their time. Gray hairs, disinclination to muscular exercise and mental exertion, blurred facial expression, loss of keenness of eye, loss of memory, diminution of the usual interests of life, selfishness, are all more apt to come before their time in the man given to taking a 'little too much.'"

This diminution of the joyousness of life by alcohol can be traced a step further, even into the abnormal states beyond the borders of sanity. Comparatively few of the delusions of alcoholic insanity are of a joyous character; they are mostly of the suspicious types. A moderate degree of suspicion is one of the normal protective instincts, but the suspicions of alcoholic delusion are so extreme that the victim rushes to attack another because he believes that other is about to injure him.

In suicides caused by alcohol we see also the extreme of sadness, the despair that seeks relief in self-destruction. There are about 3,000 suicides in the British Empire every year, 40 per cent of which, according to a statistician quoted by Dr. Clouston, are due to alcohol. Such suicides commonly occur in the early period of the disease, or are the result of drinking bouts, and are not commonly suspected or provided against. Hence, it occurs in cases in whom mental disease is not sufficiently developed to call for treatment and sending to a mental hospital.

All of the talk about drinking for enjoyment appears a shallow mockery, in

view of the fact that it diminishes the enjoyments most worth while, the ones that are not outweighed by consequent pain, and greatly increases the sum total of human unhappiness.

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### TEMPERANCE FEATURES FOR SUNDAY SCHOOL CONVENTIONS

By MRS. ZILLAH FOSTER STEVENS

1. Temperance Atmosphere.—Created by decorations, mottoes, etc.
2. Temperance Songs.—Printed in convention program; use often.
3. Exhibit of Temperance Material.—Classified; in charge of a competent demonstrator.
4. Temperance Addresses.—Scientific; before main convention.
5. Graded Temperance Instruction.—Principles, methods, material.
6. Special Occasions.—Best plans for World's Temperance Sunday, Anti-Tobacco Day, Temperance Rallies, Temperance Poster Day.
7. Temperance Five-Minutes.—Use thirty minutes in demonstrating brief Temperance exercises, occupying from one to five minutes each.
8. A Sample Sunday School Temperance Session.—Forty-five minutes.
9. Temperance in Division Conferences.—Effective plans for graded Temperance teaching, pledge-signing and activities.
10. Temperance Superintendents' Luncheon.—Discuss Temperance Department problems, opportunities, successes.
11. Temperance Education by Poster.—Possibilities:
  - (a) Gives instruction through the eye.
  - (b) Presents convincingly the latest scientific facts.
  - (c) Educates the whole community. Poster education goes into the open and carries the truth to those who never enter church or Sunday school.
  - (d) Enlists adults and teen-age young people in definite Temperance activities. (See Report of the International Sunday School Convention for 1914, page 359, "Teen-Age Temperance Work;" also page 363, "Men's Class Doing Temperance Work.")

In your 1915 Conventions, feature *Temperance Education by Poster*.



## An Anti-Alcohol Exhibit at the Panama Exposition

ANY exposition to be thoroughly representative of modern civilization must needs take into account the alcohol question. When one of the managers of the San Francisco Exposition saw at the Buffalo School Hygiene Congress the exhibit of the Scientific Temperance Federation, he at once urged that it be further developed and brought to San Francisco. For very material and practical reasons it did not seem possible at the time to do this, but later, the American Issue Publishing Company of the Anti-Saloon League of America, availed itself of this material and the exhibit is installed in the Palace of Education at San Francisco, near those of other national temperance organizations.

The original exhibit of the Federation, its models, charts and posters, contained between 150 and 200 different illustrations of the facts about alcohol in varied form, presenting the relation of alcohol to health, efficiency, poverty, crime, philanthropy, the home, childhood, racial and occupational differences, etc. To this were planned and added for the Panama Exposition some new and striking cartoons teaching temperance truths. These were worked out by the League's clever young cartoonist, Mr. Henderson, and make a frieze about the booth of the exhibit. Prevention, the central thought of the series, is represented by the central cartoon, bearing the legend, "To cure was the voice of the past; To prevent is the divine message of today." The great tree, alcohol, grips the world with its roots; out on the branches, labeled with the various social evils having their source in part in alcohol, are the old-time reformers hacking away at the results. At the foot of the tree stands the sturdy man who is already making the chips fly from the trunk and roots with his ax, the handle of which is labeled "Education" and the head "Legislation."

On one side of this central figure are four great cartoons representing what alcohol is doing to the human race. Each bears some striking, appropriate legend. The sword of Damocles of the Fathers' Drinking Habit hangs over the cradle and home of *the race*; the cruel scourge of the saloon is driving children into

*child labor*; the young man is reaching for his first glass in a trap which, when sprung, will hold him fast in the clutch of the drink appetite; this trap itself is fastened to the post of the drink habit in the distance. The effect of alcohol on *manhood* illustrates Woolley's pregnant phrase in a manner that can be easily imagined, "In the tug of war between life and death, drink pulls on the graveyard end."

On the other side of the central figure are represented the forces working against alcohol. *Science*, through the scientist in the laboratory, is explaining to Uncle Sam the truth about alcohol, apparently much to that old gentleman's amazement and interest. Mrs. Hunt's prophetic phrase, "The Star of Hope of the Temperance Reform Stands over the Schoolhouse," accompanies the illustration of the light shining upon the drink habit personified as it emerges from the Cave of Ignorance, and represents the part of *Education* in the struggle against drink. *Industry* stands at the door of his workshop, from which the beer bottle has just been ejected so forcibly that it is "seeing stars," while the glad hand of welcome is extended to the milk bottle and the joyful little pail of "H O," which exclaims as it merrily pulls its short legs up the steps to the factory, "At last!" While over the factory door are the words of the Joliet Steel Company's famous message to its employees, beginning, "Did Booze Ever Do You Any Good?" The final cartoon represents the voter placing the wall of the ballot between his home and wife and children and the forces of greed, inefficiency, vice, etc., which are the product of the saloon.

The display frame containing hand-made charts has a striking legend or quotation at the head of each frame, so that the hurried visitor may carry away some pertinent phrase or thought. The best temperance books of the country are in the exhibit, files of the publications of the American Issue Publishing Company, etc.

The exhibit has been installed and is in charge of Miss Edith M. Wills, of Boston, Field Secretary of the Scientific Temperance Federation, who has done so much exhibit work in this field in the past two and one-half years.



## What Went Before in Russia

By SERGEI DE VESSELITSKY, Ph. D.

**N**O less remarkable than some of the accounts of what has followed the prohibition proclamations in Russia are reports of happenings that preceded and perhaps led the way to the success of the prohibitory measures.

### A Great Temperance Festival

As long ago as last Easter there occurred a remarkable temperance festival in Petrograd where on April 6th, 7th and 8th, the government closed all state wine shops, second and third class restaurants and all public-houses, which are usually closed only on the first day of Easter week. The festival began with religious processions proceeding from all churches of the Capitol to a great service celebrated by the Metropolitan of Petrograd. Besides other services in all of the Capitol's churches, the program of the festival included numerous lectures on the harmfulness of alcoholic drinks, and concerts at which all the musicians (choral and orchestral) were total abstainers. On the days of this great festival in Petrograd, at which seventy-five thousand people asked for temperance badges, solemn commemoration services were held in churches all over the Russian Empire, and over one million temperance badges were needed to satisfy the requirements of temperance enthusiasts in the provinces. At Minsk, the Libau-Romny Railway Company set up a special temperance car to run up and down the line giving temperance lectures with lantern-slide demonstrations wherever possible.

### Anti-Alcohol Lectures

During May, a series of very important meetings was held in Petrograd, at which Dr. Sajin lectured on "Heredity and Alcoholic Drinks," and Prince Galitzyn-Muravin and well-known medical authorities gave addresses.

### A Children's Temperance Society

In the province of Vilna, a large children's temperance society was formed to celebrate the tercentennial of the present Imperial House. The children from both church and government schools entered their names in a "golden book," promising not to use alcoholic drinks, or to smoke, or to play cards. The parents

pledged themselves not to give alcoholic drinks or tobacco to the children.

### Substitutes for the Saloon

The annual general meeting of the Loan Society of Kiln (province of Moscow) resolved (1) to exclude from membership all persons leading an intemperate life; (2) to exclude from membership all persons known to carry on the secret sale of vodka; (3) to build a popular co-operative house containing a public library and reading room, an anti-alcohol museum, a stage for plays and concerts, and a Sunday school.

### A Floating Museum

In Ostashkor, on Lake Seliger, the first Russian anti-alcohol steamer and floating museum was built. The program of this one ship for the summer of 1914 alone included a tour of Lake Seliger, then by the river Selidjarovka into the Volga, and down the entire Volga to Astrakahn, back a part of the way and up the river Kama into Northeastern Russia. This highly ambitious program meant visiting twenty-eight cities, seventy-six towns, and two thousand villages. The steamer carried a doctor, a special anti-alcohol lecturer, and a numerous staff and crew. Two hundred peasants could be accommodated at lectures given on boards, while in towns a huge portable tent was erected on shore holding some eight hundred. The steamer was preceded throughout its long voyage by a specially constructed motor launch, which informed the whole riverside population of the exact day and hour of the arrival of the anti-alcohol steamer.

### Popular Resolutions for Practical Prohibition

On June 23d and 24th, a mass meeting of over two hundred men, chiefly peasant proprietors, met at the village of Korkurvka, in the province of Viatka, and adopted the following resolutions: (1) To declare in favor of total prohibition of the production and sale of wine; (2) to petition the government to prosecute illegal sellers of drinks; (3) to request all loan societies to stop granting loans to all wine traders and their families; and (4) to increase the number of schools, public libraries and co-operative "recreation houses."

### Training Temperance Speakers

Last spring a regular teaching course of temperance lectures was organized in



Petrograd by the "Russian Society for Combating Alcoholism," to train competent professional lecturers. On June 19th, a number of graduates received diplomas. The Russian peasant is a decided mys-

tic, he has a profound faith in the coming of a millennium, and he is now convinced that temperance is one of the chief roads leading to that goal.—*National Temperance Quarterly*.

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## World-Wide Notes

### SWISS WOMEN TO THE FRONT

SWITZERLAND, of necessity, has been guarding her neutrality by maintaining soldiers at her boundaries. When the cold weather came on, there was suffering for want of adequate quarters for passing the time when off duty. There were no warm rooms where the men could spend their free evenings and purchase low-priced non-alcoholic drinks. Such places were desired not only by the abstainers, but by the non-abstainers, who had no love for the little, dirty local liquor places.

Then the Swiss Abstaining Women's Association sent one of its members, Miss Elsie Spiller, to the army headquarters in Berne to ask for official co-operation in their proposed attempt to establish non-alcoholic canteens for the soldiers. The Swiss women had had years of experience in conducting successful temperance restaurants. They also knew that the co-operation of the military authorities was necessary to the success of their proposal for the soldiers.

Miss Spiller convinced the army heads that it was of the utmost importance to the welfare of the troops to provide rooms free from alcoholic drinks. The Army Surgeon promised to order all the division surgeons to permit and look after the erection of such rooms. The Adjutant of the Commander-in-Chief gave Miss Spiller a personal recommendation to all the troop commanders to ensure her a friendly reception. Even a motor car was placed at her service, in which, accompanied by an officer, she went from place to place and made arrangements for the erection of the desired rooms. The officers everywhere admitted that the need of proper rooms was urgent.

In the meantime, the women back of Miss Spiller took the name of the Soldier's Welfare Society, organized a bus-

iness committee to take charge of buying necessary supplies, secured the services of a woman already experienced in the management of temperance restaurants, and went to work to raise the money needed. They advertised in the leading newspapers all over Switzerland a call signed by the highest military authorities, and in a few weeks had received enough funds to ensure the success of the enterprise.

The first two rooms were opened on November 22. No one was more pleased with them than the military authorities themselves. The rooms had been made as attractive as possible. The walls were trimmed with evergreens and hung with pictures. Tables, chairs, books, writing materials and newspapers, and the steaming tea and coffee tanks created real enthusiasm among the soldiers. The calls for more rooms came thick and fast, and not a week passed without the opening of new ones, until at last accounts (*Der Abstinenz*, March, 1915), there were 53 doing business, with more in preparation. The work taxed to the utmost the endurance of the women and girls who gave their services to it. No small tax upon the management was the securing of suitable places in all localities and selecting proper matrons who could tactfully handle the soldiers and command their respect.

Credit is also given to the soldiers for the aid they willingly gave in the erection and preparation of the rooms, and to the officers for their co-operation and appreciation. One was opposed to the plan at first, and said that his men drank wine and had no need of non-alcoholic drinks, but he placed no obstruction in the way of Miss Spiller, and has since written her that the rooms have made a great improvement in the matter of discipline.

The inactivity involved in merely guarding the border increased the liability of the troops to indulgence in alcohol. Many who were abstainers when they enlisted fell into habits of drinking, and many moderate users became immoderate. The rooms do not stop all the evil of the conditions, but they are growing in popularity and draw increasing numbers away from the local tap-rooms.

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#### AUSTRIA FALLS INTO LINE

VARIOUS reports indicate that Austria is beginning to profit by the experience she has had with alcohol in her military operations. Unlike Germany and Russia, she did not prohibit alcohol during mobilization. Among the reports of the consequences of the wide-open regimen of that time is a letter written by a Tyrolese schoolmaster from the field, where he is serving as captain, to the editor of the *Alkoholgegner* (Vienna) relating some of his military experiences with alcohol, which, he says, would have made him an abstainer if he had not already been one before he went out with his troops. All cases of discipline in his command have arisen from the use of alcohol. His description of the alcoholization of his company during their first marching at the time of mobilization is so "caustic" that the editor prefers not to try to publish it during the present war conditions. The captain improved every possible occasion to instruct his men by spoken and printed word, and finally had the satisfaction of taking his command on a long journey without seeing a single case of drunkenness. He is trying to demonstrate for the benefit of others the entire needlessness of alcohol.

The earnest attempt which this Good Templar captain has made to prove the entire uselessness of alcohol for troops in the field, and that of other Austrian abstainers, has no doubt helped to teach the Austrian government the lesson which Russia learned during her war with the Japanese. Hence the recent report (*Journal of the American Medical Association*, April 10, 1915) that the authorities have issued a decree forbidding the sale or gift of alcohol to troops on trains. The officer in command of the troops must see to it that within five hours of entraining no alcohol shall reach them.

Alcoholic drinks shall be given to the sick or exhausted on the trains only when the medical officer regards it as indispensable. The eating houses and restaurants at the stations must have ready for the troops, besides mineral waters and other non-alcoholic drinks, soups, hot and cold boiled milk, tea, coffee and lemonade. Circulars have been given to all the soldiers urging abstention from alcohol, "as it makes men sluggish and incapable of marching, interferes with good shooting and renders one more susceptible to infectious diseases." The Austrian authorities have also ordered that no more barley shall be made into malt, and all supplies of barley on hand at the breweries must be declared. Permission is also given local authorities to utilize the drying facilities of the breweries to hasten the drying of new corn so that it can be ground before the usual time.

Austrian abstainers early began to point out the fact that when the government was urging people to waste neither potato skins nor bread crumbs, the 605,000,000 tons of barley used in making beer would furnish bread for 2,500,000 men for one year, and the 839,000,000 tons of potatoes used for spirits would provide 4,661,350 men with potatoes for a year, to say nothing of the enormous quantities of grapes, fruit and berries made into alcoholic drinks.

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#### FRANCE IMPROVING WITHOUT ABSINTHE

A SEMI-OFFICIAL report of the French government, according to *Vorwärts*, states that the campaign against their greatest enemy, absinthe, is growing keener every day. The sale of absinthe, as is well known, was completely prohibited after the outbreak of the war, and this with the curtailment of the sale of other alcoholic liquors has already had a far-reaching beneficial effect. A radical improvement in the hygienic condition of the people is especially to be noted, says *Der Abstinente* (Jan., 1915), and an almost complete disappearance of crime. After the close of the war all of these regulations will, of course, be actively opposed, as the financial interests of the distillers are powerful and widespread, but it is believed that the government will be able to maintain



the measures already inaugurated, and to institute others still more effective. To solve the financial problem involved in prohibiting absinthe, Dr. Chevalier, of Paris, comes forward (*Journal American Medical Association*, April 10, 1915) with the suggestion that the government buy and have distilled for its own use the stock of manufactured absinthe. In view of the deficits in the present manufacture of alcohol, the transformation of absinthe to 90 per cent alcohol, so far from being a loss to the government, would reimburse the distillers, while definitely removing the absinthe from the field of difficulties.

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#### NO ALCOHOL DURING THE WAR

A MANIFESTO issued by British doctors, leaders of the churches and temperance societies, contains the following: "Four Allies—Britain, France, Russia and Belgium—are fighting a life-and-death struggle. In at least four points—men, munitions, money and morale—they are shoulder to shoulder. All four are determined on victory, and that in the shortest possible time. To this end, efficiency is the watchword. But in

one matter, and one which tends to ensure efficiency—the abstinence from alcohol—Britain lags behind. Russia, by an imperial decree, has abolished the government sale of vodka, and already the gains therefrom in the sobriety, good conduct and monetary savings of the people are little short of marvelous. France, by a bill passed in the chamber by 481 votes against 52, has suppressed altogether the sale of absinthe, which sale had previously been stopped for the period of the war. These two great nations have boldly taken this initiative because they have recognized the supreme crisis of the moment, and were determined to add one more factor toward the realization of victory. We, the undersigned, believe that the time has come when Great Britain should have the courage to follow the example of her two great allies, and suppress the sale of all spirits for at least the period of the war. Further, we are certain that in so doing she will have the approval of her people as well as of her leaders, and will make for the highest efficiency, not only in her navy and army, but in all branches of civilian industry.—*Alliance Press Agency*.

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## Among the New Books

### The Problem of Popular Amusements\*

By RICHARD HENRY EDWARDS

THE underlying fact in the amusement situation is this, that certain financial interests have discovered the natural source of the play instinct, and are exploiting it for gain as ruthlessly as they have exploited other great natural resources. The depleted emotions, the stimulated lust and the criminal tendencies which they produce by their exploitations cannot be traced back to source with the same deadly accuracy as bleak hillsides and slaughtered stump lots may be laid at the door of ruthless deforestation, but the methods and results are not essentially dissimilar. . . .

A type of commercial management which is tuned to the cash box can not

\*From *Public Recreation*, Univ. of Wisconsin, Bulletin No. 513.

afford to be very sensitive about morals. . . . In the amusement business, overproduction seems to result in a state of glut which drains off in immorality. . . .

#### The Exploitation of Youth

It is as yet little realized in what a plot the forces of evil have conspired against the young people of the cities. They will start life with moral fiber made of the same essential texture as the youth of the country. The weakening of that fiber is the result of unbearable strains which a complexity of exploitations puts upon it. These young people are not infrequently exploited in their homes. They are widely exploited at their work and set to mechanical routines at the age when every natural instinct craves change and fun and shift-

ing interests. In their reactions of fatigue they are caught in the grip of these amusement enterprises which are so often run with an unbelievable disregard of moral consequences. The filching of their meager earnings is only a little theft compared with the enormity of that robbery by which their spontaneous joy in life, their modesty and their chastity are plucked away. It is a terrible thing to bring the emotional and spiritual resources of youth to bankruptcy at 22 or 23. The spiritual values of a rich maturity can not blossom in such lives. The lust for profit has picked open the bud. It is no cause for wonder that youth wilts under the process, that emotional instability is so prevalent, that the age of youth is the age of crime, and that clandestine prostitution appears to grow with appalling rapidity. On the other hand, it is a cause for wonder to all who are close to these young people that boyish integrity and chivalry last as long as they do, so often victoriously, and that chastity makes so stubborn a fight for its life.

If these young people are to have their rightful share of high joy in life, morality must have the utmost reinforcement, for the power of personal morality—the power of the individual to refuse the evil and choose the good—is nowhere more needed than in the hodge-podge of confusions which characterize amusement offerings today, often making evil seem attractive and a good life repellant rather than beautiful.

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### How Drink Was Unfair to Mrs. Brown

MRS. BROWN had felt in the early days when Lem began to go to pieces through drink that she would bite out her tongue before it should publish her disappointment and humiliation. This secretiveness had persisted through the days of gathering poverty and shame. She had seen the gradual disintegration of a soul; perhaps, as she now realized, not a very choice soul, but still, one that had been dear to her. She remembered the first time that drink, through her husband, had struck her an actual physical blow. If drink could do that, its depravity knew no bounds. . . .

Mrs. Brown had had a home and a

### What Needs to Be Done

The first step in the solution of this problem is a public awakening to the facts of the situation. Only as the full significance of professionalism, commercialism and immorality in amusements are brought home to the thinking public will reconstructions take place. The charm of home life will then be re-established, as it must, for it is the stronghold of morality. There can never be any adequate substitute for the home, however long the economic struggle, and however difficult the reconstructions of the social order required to liberate it in city life. An awakened public opinion must see to it in the meantime that a vast amount of organized recreation in the midst of wholesome surroundings is made effective, in order that society may bring to its youth those normal pleasures which make for morality. . . .

The experience of all cities teaches as first in importance the duty voiced in the San Francisco report:

“A primary step toward clearing commercialized amusement from its vicious influence is the absolute divorce of liquor from all recreation.”

At the spot where the servants of enormous organized profits and the forces of the social evil are daily hunting for American youth with intentness and ingenuity, there public opinion has its work to do. The beginning of solutions lies in its hands. Its time to act is now.

baby girl as much hers as Lem's. This home she had helped make pretty and attractive. Mrs. Brown and her baby did not drink, of course. Lem lost job after job and became destitute. Nobody would keep Lem at work just because his *wife* was sober and industrious. Mrs. Brown's exceptional habits did not prevent the “building and loan” from foreclosing the mortgage. She and her children were paying a debt they never incurred, suffering vengeance where no vengeance was due.

You can say if you like that it served Lem Brown right to lose his home; he drank it up. But you can't say it served Mrs. Brown right to lose hers. You can



say, if you like, that it served Lem right to be sent up, in the coldest time of the year, to work out a three-months' sentence in a warm jail workshop, where the tasks were, after all, not unbearably hard, and there were blankets at night and regular nourishment. But you can't say that it served Mrs. Brown right to bear a child in an unheated room, with quite inadequate attention, and not a penny at hand for the nakedest necessities of her situation. Little Dick had been thus born. . . .

There was now but one cloud upon the immediate horizon of the Brown family. This cloud would grow bigger for the rest of the three months, and then goodness knew what would happen.

Mrs. Brown and Mary Alice contemplated the possibilities with dread.

Men are not reformed in jails. Lem would emerge sober, but with the determination to remedy that undesired condition at the first opportunity. He would have no job; even if he kept sober for a while, he would be a burden upon his family. That he should keep away from drink more than a very few days was inconceivable.

The two-tenement room in the house off Calvert street was almost cozy now. The Browns ate regularly; little Dick was fat and rosy; always there was an air of cheer and comfort. The thought gripped them: What would Lem Brown do to it all?—From *Little Sir Galahad*.

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## Where Drink Contaminates Amusements

By RICHARD HENRY EDWARDS

A SURVEY of recreation resources in Kansas City showed that of the commercial recreations, 32 per cent of the amusement offered was bad. This was exclusive of "medical museums, social clubs, wine gardens, chop suey restaurants and saloons, which would undoubtedly lower the average of good, wholesome recreation. The 32 per cent of bad amusements consists of intemperance, obscenity, suggestions of crime, dissipation, late hours, representing an expenditure of \$1,923,211.99."

### Cafes With Amusement Features

This group, including cabarets, music halls where food and drink are sold, beer gardens, roof gardens and the like, represents an important phase of the amusement problem. . . .

Places of this type ordinarily expect that liquor will be ordered with meals or refreshments and frequently make their chief profit from drinks. The management, therefore, fosters an alcoholic gaiety and seeks to spread the atmosphere of a "good time" throughout the place, so that semi-intoxication is general. This means that an easy-going familiarity comes to dominate the crowd. This frequently degenerates into promiscuous sociability with the aid of some "star" entertainer, ordinarily a young woman in scanty attire who sings and

dances suggestively in and out among the diners, frequently playing tricks upon them. The spirit of license easily develops under her guidance as the sense of privacy breaks down, and in the prevalence of the dancing mania a more or less general promiscuity of relationships may emerge. . . .

The sale of liquor, easy-going familiarity, suggestive singing and dancing, a young woman or effeminate man to set the crowd off together in some common impulse—these are the factors sought by the underworld in its recruiting stations. The result is that many of the places in this group, ostensibly respectable, have become the rendezvous of men and women who pick up acquaintances and lure young people into immorality. . . .

### The Public Dance Halls

These places breed most prolifically in the congestion and abnormal living conditions of the larger cities. They range all the way from "the back room of the saloon in which couples sit around at tables, and, from time to time, rise and whirl to the music of an unpleasant piano," to the great public ballrooms, accommodating many hundreds of couples, and run solely as a money-making affair. . . .

Four types of dances fairly typical are described by M. S. Hanaw in *The Report of Baltimore Public Dance Halls*, as follows:

\* From Univ. of Wisconsin, Bulletin No. 513, Public Recreation.

1. Academies for public dancing.  
 2. Public charity balls, often given during the winter by unions or friends of a fellow-workman in distress. As a rule there is no supervision. Profits are derived from the sale of drinks.

3. Public, social, literary, athletic, or political club benefit balls. There is always a bar, and seldom is there any real supervision.

4. Balls "run off" by individuals for personal gain are perhaps the most lawless of all. There is never any supervision, and the crowd is always very large and promiscuous. There is extreme disorder and much indecency.

The third and fourth groups above are thus described by M. M. Davis:

"The average young man and woman are more affected by the larger dance halls. Innumerable clubs—social, fraternal, athletic, political—support themselves by 'running off' an 'affair' or two each year. The 'affair' is a dance, the dance includes drinking, and the drinks make the main profit both for the landlord and for the club. Such a situation is but another result of the lack of facilities, either at home or in public buildings, for the normal expression of community life."

### Drinks Pay the Bills

The characteristics of dancing places in smaller towns are described by Mrs. Israels as follows:

"The young people coming from the country form the mainstay of the amusement resorts. They drift into the towns and into amusement places, and find on hand a plentiful supply of their type of recreation, the dance. In the smaller communities it is often a big room over a saloon, with immoral resorts in the immediate neighborhood, or a dance platform attached to a picnic grove. There the boys meet girls and the girls meet boys, and the nights go merrily on; but the proprietor must be paid, and he is paid in the way that suits him best. Drinks pay his bills. While the purchase of liquor must often cost the girl nothing in money, it frequently costs her something else that she can never regain, though she live a hundred years."

The morals of public dancing places cover a wide range. Of the best grade of halls, carefully supervised, Mrs. Israels writes:

"Frequently good dance halls are found as private enterprises conducted on the principle that the best things pay. These modern model dance institutions are in the Western cities, with the exception of a few in New York."

### The Girls' Drinking Essential

The preponderance of evidence upon the morals of average public dance halls is, however, decidedly in the negative. The difficulties which arise in one form or another are usually due to the breakdown of social proprieties, the ease of making acquaintances, the sensual character of the dancing which is allowed to prevail, the sale of liquor, the tendency to coarse conversation and profanity, darkness in certain portions of the building accessible to the dancers, or shadow dancers, the lack of supervision, and the character of some at least of the persons in attendance. The situation in Chicago has been described by the Juvenile Protective Association:

" . . . Very large number disreputable, with saloon attached, patronized by young girls. . . . Dancing is only a secondary consideration; drinking is the principal object. The girl is not welcome unless she drinks. From this sort of amusement the end is sure."

The Cleveland situation in 1910, before the improvements made in the situation under the direction of Robb O. Bartholomew, is thus described by him, and reveals conditions which may be found in many large cities where there is no efficient regulation of these halls:

"The special investigation of dance halls, which was carried on by a self-constituted committee during the year 1910, showed that young boys and girls, 14 to 18 years of age, were attending dances where liquor was sold in one end of the hall; that prizes were often offered to girls who would drink the greatest number of glasses of liquor during the evening; that these boys and girls were allowed to remain at the dances until 3 o'clock in the morning."

The moral dangers involved in public dance halls are clearly summarized in the San Francisco report, as follows:

"Of all recreations, public dance halls bear the most direct and immediate relation to the morals of their patrons, and it is very much to be regretted that this influence, as at present exerted, is ex-



tremely destructive. This may be directly traced to three primary causes. First, the forming of promiscuous acquaintanceships; second, the intimate relations of the dancers; third, the sale of liquor. In addition to each of these causes exerting an influence peculiarly its own, the three working in conjunction form a combination that is extremely destructive to the moral sense of the participant." . . .

### Pool Rooms for Men

Where liquor is dispensed in the place or near it, typical saloon conditions develop, and frequently "many men under the influence of liquor" are found. The companionship of the liquor traffic with men's games is always a serious evil wherever it is permitted. . . .

### Special Amusement Events

Into the life of every community there come special amusement events. A circus comes to town. A group of men get

up a street fair. A holiday is turned into a carnival. A military encampment or a firemen's convention is held. . . . Some organization gets up a public picnic or a clam-bake. . . . Election night and New Year's night in the great cities have become modern saturnalias. . . . The number of events of this sort is obviously impossible to determine except locally. . . .

These forces of evil take a special advantage of many of these events. Liquor is almost sure to be dispensed more freely than usual, and special permits are frequently issued by the licensing authorities. . . .

To a large number of people in every community, a special event of this sort is always the occasion for a period of extraordinary license. To many it is a time of unusual moral strain and temptation. Things may be done under special excitement or intoxication which would never be indulged in under ordinary circumstances.

\* \* \*

## The Library Table

**LITTLE SIR GALAHAD.** By Phoebe Gray, Boston. Small, Maynard Co., 376 pp., \$1.35 net.

The inquirer for a thoroughly wholesome and enjoyable temperance story will find it in *Little Sir Galahad* into whose hands came so many life strings.

Alcohol at every turn is the natural "villain" of the story. It crippled in his babyhood the little Sir Galahad himself, it beat Mary Brown and spoiled Lem Brown's home, it almost wrecked and cost the life of the young Francis Willett, it nearly made Lem Brown a murderer after he thought himself delivered from its power. Yet, although the evils of alcohol appear clearly and definitely, the story is not in the least tragic in its tone, and the redemption of the lives from alcohol gives it a note of hope.

Well written almost up to the very end, it must be said that its conclusion is an artistic and illogical defect. After three hundred pages had been given to showing what drink does to individuals and their homes, the responsibility of the "good citizen" for using his influence against the saloon, the opportunity which the physician has and ought to use in teaching the people the dangers of alcohol, there would seem to be but one logical thing for John Willett to do when, in gratitude for the restoration of his son to health and

from the clutches of drink, he proposes to give practically all his fortune to philanthropy. Fighting alcohol, supplying the means for teaching the people the facts they ought to know, putting into the hands of his physician friend an endowment for this special work to be done by physicians—something of this kind would have been logical. What he actually does do is to give his money to the doctor for medical work among the Belgians and the soldiers of the present war (!) and the book ends merely in disappointing rather weak transplantation of the Sir Galahad idea to a foreign soil, giving comfort to a dying German soldier. Gifts to the suffering of all nations have a necessary and important place in American philanthropy these days, but they have no logical relation whatever to the theme of this entire book.

\*  
**PUBLIC RECREATION,** by Richard Henry Edwards, Madison, Wis. Bulletin of the University of Wisconsin, Serial No. 709, 217 pp., \$1.00.

How to find the most healthful and truly recreative recreation becomes a genuine problem to many a busy worker. How thousands of them are spending their leisure in supposed recreation is the theme of this suggestive volume, which analyzes the various forms of amusement as to advantages and disadvan-

tages, points out the defects of the present system, which has left too much to commercialism, making youth, especially, its prey in degrading tendencies. The study presented is not only one of direct information, but is so arranged that it may be used as a topical textbook by clubs and organizations for social study and betterment, not only in discovering tendencies to false standards in local amusements offered, but in offering principles upon which improvements should be based. A bibliography at the end of each section makes the work additionally valuable to those who wish to study further the subjects discussed.

\*

**EDUCATION FOR THE HOME.** By Benjamin R. Andrews. United States Bureau of Education, Bulletin No. 611, Part II., 207 pp., 30 cents.

What the schools and other agencies are doing to help women make better homes in the United States appears in this interesting bulletin, which is more than a mere record of sporadic activities. It will be definitely suggestive to other schools and to such educational groups as women's clubs in helping home-makers to a better understanding of their hygienic and economic problems.

One is moved to remark once again, however, that the women can not do the whole job of making a healthful and well-administered home. It is true that there is, unfortunately, far too much ignorance of how to deal with these questions among our young women as they undertake their task at marriage, and the work revealed by this bulletin will unquestionably help put an end to that part of poor home-making (where it exists) which is said to drive many men to the saloon. But this home-making task is bound to be an exceedingly and unnecessarily difficult task as long as the men (chiefly) of some hundreds of thousands of households are unitedly spending \$2,000,000,000 or more for drink every year. If this were expenditure for mere luxury one might let it go as extravagance, but with it comes that sequence of ill-health, accidents, impaired working ability, etc., which are bound to react unfavorably upon the home, however valiantly the woman in the case may strive. We await a government bulletin showing what is being done to train young men to a proper conception of their responsibilities from a physical and financial point of view for their proud position as "heads of the household."

\*

## Drink as a Maker of Slums

(Continued From Page 159.)

The rent of the houses was 5s. 6d. a week. I owned them for four years, and lost £700 on them, and the worry they caused me money could not compensate. The majority of the tenants were drinkers and dirty in their habits; they spent

most of their leisure time in the public-houses at the top of the road. The dirt bred vermin in abundance. The tenants would take the garden fence, cupboard doors and banister rails for firewood; the rent I did get I had to go for at all hours of the day and at different times in the week.

"The gardens at the back were large enough to grow vegetables for their own use if they liked, and would have helped them over the winter. I pointed this out to the tenants, but there were only two who used their garden in this way. I tried to get them to buy the houses with the rent for £100 each, but they would not. They made the rent lower and lower until I was compelled to get rid of the eleven houses for £100, free from any debts, sanitary or dilapidation notices. The people themselves made good houses and pleasant surroundings into practically a dust hole, where they were bringing up their children under bad influences. The children would sometimes go into the empty houses and steal the lead pipes and sell them. There has sometimes been lack of employment, but drink has played the principal part in making this slum."

## Drinking and Its Results Common to All Classes

Another important point is established by the facts collated, and that is that drinking and its dire results is not an evil confined to the working classes. Dipsomania has as many victims in proportion to population among the upper and middle as among the working classes. The records of the lodging houses, of the Church Army and the Salvation Army show that a large number of those who come to the lowest conditions, and who therefore compete with ordinary casual labor, turning that competition into a fierce and selfish conflict for existence, are persons who held higher rank and who, but for drink, vice or crime, would not have been in the slums or at the dock gates. The records of male and female inebriate homes and asylums conclusively show that drunkenness and dipsomania are prevalent among the rich and the educated, and prove the hollowness of the oft-repeated contention that drunkenness is merely a result of bad environment.



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By WILLIAM E. JOHNSON

Editor of the New Republic, and former Chief Special Officer United States Indian Service

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# SCIENTIFIC TEMPERANCE JOURNAL

MAY, 1915





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THE SCIENTIFIC TEMPERANCE FEDERATION

36 BROMFIELD STREET, BOSTON, MASS.



## No. 8

\*Zeitschrift für klinische Medizin, p. 284. 1914.

and alcohol in the order named. But it stands equal to alcohol and next to obesity among the combined causes.

This indicates that tobacco resembles other drugs in showing a special affinity for one part of the body, its selection being the arteries of the heart.

### In Animals

For an explanation of the way in which the effects are produced, the author takes us to the various experiments upon animals. These show that the most active substance in tobacco smoke, the nicotine, causes an irritation of the nervous centers which regulate the action of the heart and blood vessels. Increase of tension causes a narrowing of the passages, and this raises the pressure throughout the whole arterial system. After this irritation is continued for a time, changes appear in the muscle fibers and the nerve cells of the heart and in the large artery leading from it.

First of all, the investigators find a thickening of the innermost coats of the blood vessels, due to an overgrowth of the connective tissue. The surface cells appear swollen and the fibers of the elastic tissue underneath begin to atrophy or dwindle to the thinnest threads.

These changes are very significant, as they cause a loss or decrease in the contractile power of the blood vessels. One experimenter, Otto, notes these changes in the left ventricle of the heart, and in the inside layer of the heart muscles. Degenerative changes were also found in the large and small cells of the nerve ganglion of the heart.

The explanation given of the origin of the changes in the heart is the defective supply of nourishment due to the narrowing of the heart arteries.

"It should not escape mention," says Dr. Pawinski, "that the weight of the heart in the nicotinized rabbits is increased by the enlargement of the heart muscle. This enlargement is the result of the efforts the heart makes at compensation for the disturbances caused by the hardening of the arteries."

Several experimenters have produced similar changes in the aorta of animals by the use of nicotine.

### In Man

With these explanations, obtained by microscopical examinations of these

minute structures in animals that have been poisoned with nicotine, Dr. Pawinski returns to the symptoms observed in nicotinized human subjects.

### The Symptoms of Injury to the Heart

There is one class of symptoms in the disturbances of the circulation caused by smoking that differentiates these from the effects produced on the circulation by hysteria, neurasthenia, and mental and emotional excitations. To this class of distinguishing symptoms belongs the intermittent heart-beat, a sensation as if the heart were standing still. In popular language, this is known as "skipping a beat;" in medical language it is a "systole" beat. It is due to disturbance in the controlling nerves.

This and the other tobacco symptoms appear in men after ten or more years of immoderate smoking; in women, sooner. The intermittent beat is not a constant symptom, but comes on at intervals, in attacks lasting an hour or more. The immediate cause can be traced to more smoking than usual, to changes in the kind of tobacco, to nervous influences like emotional or mental strain, to sleepless nights, to alcoholic intoxication, or other excesses.

Besides the intermittent heart-beat, another functional disturbance which is characteristic of immoderate smoking is what is called false angina pectoris. The symptoms are a severe pain, a kind of choking sensation, a feeling of pressure or as if something was bursting the chest, sometimes a burning near the sternum or, less often, over the point of the heart. The pain radiates through the left arm, sometimes to the finger, often to the left side of the face and neck and the left shoulder-blade. Sometimes, but less frequently, it is on the right side.

Sometimes an attack of this kind is attended with great difficulty in breathing that causes the patient to rush to open a window to get as much air as possible.

Other signs of nicotine poisoning often connected with angina symptoms are dizziness, rushing sounds in the ears, difficulty in swallowing and breathing, general weakness, supersensitiveness of the spinal cord, disturbances of vision, and stomach disorders.

These symptoms of false angina, or functional angina, may in the course of



time develop into true angina as the hardening of the heart arteries proceeds. The contraction of the arteries interferes with the nutrition of the heart muscles, and the degenerative changes follow.

The functional disturbances disappear after the tobacco is eliminated, but when the structural stage has been reached the prospect for recovery is less hopeful. After the tobacco is given up, they may slowly subside, but seldom entirely disappear. Some cases are cured, but only under very favorable conditions of living.

### **The Injury in the Blood Vessels**

Dr. Pawinski goes on to point out that while the effects of immoderate smoking fall first upon the arteries of the heart, his statistics show that the injurious influence sometimes appears in arteries in other parts of the body, particularly the legs. One of the symptoms of hardening arteries in the legs is known as "intermittent limping." It is a form of angina in external arteries.

Blood vessels in the abdominal region are also believed to be sometimes the seat of hardening arteries due to smoking. The symptoms indicating this are attacks of abdominal pain with flatulence.

As a cause of hardened arteries in the brain and spinal cord, Dr. Pawinski's statistics indicated that tobacco yields first place to the poison of syphilis. As a contributing factor to other injurious influences causing changes in this region, tobacco is responsible chiefly for hastening the results.

Putting together the effects of tobacco which lead to arterial hardening we have:

1. A toxic effect of nicotine upon the tissue elements which leads to their atrophy and to the growth of connective tissue in their place.
2. Changes in the tension of the walls of the blood vessels, especially the heightened tension due to disturbance of the controlling nerves.
3. A possible disturbance of the activity of certain glands producing the so-called internal secretions. The Warsaw statistics indicate that this may have a part in the hardening process.

### **Objections Answered**

Among objections frequently raised to the idea that smoking is injurious, one is that, if it were, the cases of nicotine poisoning would be far more frequent,

since the smoking habit is so common.

Dr. Pawinski answers thus: The same objection has been raised in regard to alcohol, which has been proved by scientific investigations to be a poison to the body, even more injurious than tobacco. The answer is that the body possesses great powers of resistance and of adaptation, as is shown in slow poisoning by arsenic and opium. The cells after a time become to a certain degree unsusceptible to the irritating influence of the poison in question. But this power of adaptation has its limits, and when those are exceeded symptoms of poisoning appear.

In the case of tobacco it makes a difference what amount is used, and what form, what kind, the manner of smoking, whether the smoke is swallowed or not, and whether only a part of a cigar or a cigaret is smoked or the whole, as the injurious substances collect toward the end held in the mouth. It makes a difference, also, whether one smokes on an empty stomach or after meals, whether in a well-ventilated room or in a close room, or in air filled with smoke.

### **Conclusions**

In spite of existing differences of opinion concerning the injurious effects of smoking, Dr. Pawinski believes that the Warsaw statistics justify the statement that immoderate smoking is very injurious for the heart and blood vessels.

The danger in the use of tobacco, as in alcohol, lies in the ease with which the bounds of moderation are overstepped, and the susceptibility to injury on the part of the weak, neuropathic, arthritic or tuberculous. Smoking should be forbidden by those having symptoms of disturbances in the nervous or circulatory systems.

There is the further consideration that the struggle for existence is so intense that only the strongest can succeed. Vitality and fitness of the body are necessary to maintain the mental and physical powers in their most efficient state. For that reason, it is our duty to society and particularly to the young, to oppose all those deeply rooted customs that involve injury to the body, and to endeavor to keep the heart capable not only of continuous systematic work, but of enduring strain in an emergency.

## The Relation of Tobacco to the Alcohol Question

By DR. J. H. KELLOGG, BATTLE CREEK, MICHIGAN

An address before the VII. International Congress Against Alcoholism

**I**N the study of alcoholism and the search for possible remedies for this evil, the consideration of causes is a matter of first importance. This study has not been neglected, but it seems to the writer that sufficient attention has not been given to the intimate association between alcoholism and other habits of the same kind, and especially its relation to the use of tobacco.

### Drug Habits as Sight Drafts on the Future

The theme of my paper is this: The physiological danger of the immoderate use of alcohol does not consist in the use of alcohol in itself, but in submitting the body to influence of a drug which secures one pleasure that is illusory, artificial and transitory. This unnatural pleasure, because artificial and illusory, is necessarily followed by reaction whose characteristic trait is depression of the sensations corresponding to the preceding over-excitation, because an artificial pleasure is obtained only at the price of the expenditure of a part of the life and energy which belongs to the immediate future.

### The Vicious Circle of Excitation and Depression

Every drug capable of producing mental excitation, a pleasure which is not the result of the natural play of vital functions, is necessarily harmful in its results, and its use is only abuse, whatever may be the name it bears: alcohol, tobacco, opium, morphine, cocaine, cola, coca, hashish, caffeine, nux vomica, mate, and other drugs, more or less hypnotic, known to pharmacology. As a result of the depression which follows unnatural excitation of sensations which result from the use of one of these drugs, the second administration of the same drug finds the subject on a little lower plane than before, so that a larger dose is necessary to produce pleasure of the same intensity and an artificial satisfaction of the same degree as was produced by the first dose of the drug. The larger dose is followed by a greater depression, which demands again a still larger dose as antidote; thus,

the user comes to a series of constantly increasing doses, and toxic effects also increasing, which leads to the final ruin of the victim of drugs. All hypnotic drugs are similar in this respect, however they may differ in their physiological effects. Alcohol is known to be only one member of a large family of intoxicating drugs, each member of which is capable of producing specific functional and organic evils aside from the vital deterioration common to the use of drugs bringing so-called enjoyment.

### Habit-Forming Drugs Interchangeable

Hence, is it not evident that, in combating the use of alcohol, we are attacking only one member of a numerous family of enemies of life and human happiness, each of which must be exterminated before we can uproot the results of intemperance? The fact that these drugs are often used in place of one another is well known. The writer has found a number of cases in which alcohol and morphine have been thus employed. In a case of chronic alcoholism in a woman 66 years of age, a large quantity of coffee had become a ready substitute for alcohol whenever the latter was lacking. The same fact has been found in the matter of alcohol and tobacco. In a number of cases, patients addicted to the two drugs could give up alcohol without any inconvenience provided that tobacco were furnished them in sufficient quantities. These facts indicate the very close connection between these numerous toxic drugs.

### The Constant Association of Tobacco With Alcoholism

My purpose in writing these lines is to call attention to the constant connection between the use of tobacco and the immoderate use of alcohol. It is a very remarkable fact that there is this extremely common association in the use of these drugs. A considerable number of people use tobacco, while habitually using alcoholic liquors, but on the contrary the number of people using a considerable quantity of alcohol and not using tobacco in any form is remarkably small. This fact can be attributed to two



causes: First, the use of tobacco ordinarily begins at an earlier age than that of alcohol, the use of alcohol engrafting itself upon it later, and this as the result of the associations to which the use of tobacco quite naturally leads. Second, the use of tobacco creates the necessity for the consumption of alcohol by the formation of a drug habit which naturally leads to the development of another habit of the same kind, and by the production of morbid conditions to which alcohol brings temporary relief.

### **Tobacco Not a Rival of Alcohol**

If, as has been claimed, the tobacco habit were a rival of the alcohol habit and its substitute, so that to smoke and to use tobacco in any other way could be encouraged as a method antagonistic to the use of alcohol, we could expect to see as a result of the early acquirement of the tobacco habit two general classes in the matter of the use of tobacco and alcohol: the larger class of those who use tobacco only, and another smaller class using alcohol only. But, instead of that, we find in reality these two classes: the one composed of those who use only tobacco, and the other composed of those using both tobacco and alcohol. It is evident, then, that the use of tobacco is not a guarantee against alcohol, but rather an introduction to it.

What I would especially emphasize is the fact that the physiological effects of tobacco are such that they give birth to a special craving for alcoholic drinks and create a demand for the antidotal effects temporarily procured through alcohol. Perhaps one of the most characteristic effects of tobacco is the excitation of the vaso-constrictors produced by it, as appears from the extreme pallor of the skin. Alcohol, on the contrary, produces, in moderate doses, a totally opposite effect. The smoker's throat is dry, he feels thirsty, a general mental depression, possibly some dizziness. A single experience is enough to convince him that beer, wine or whisky or alcohol in any other form very rapidly relieves these alarming symptoms, hence a very natural association of cigars with wine or beer. The consumer of these two drugs, taking them alternately, assures himself of the repetition of agreeable sensations for a long time after tobacco alone has ceased to produce the proper enjoyment.

### **Tobacco-Using a Hindrance in Curing Alcoholism**

These facts I have verified in the treatment of several hundreds of cases of alcoholic and tobacco addiction. In treating these cases I have been constantly impressed by two important facts: First, it is rarely, almost never, possible to effect a radical cure of the alcohol habit when the patient cannot be induced to give up also the tobacco habit. Second, in the great majority of cases in which the two drugs being used, the tobacco habit was the fundamental one; several patients have said to me: "I can give up alcohol without difficulty, but I can not go away without my tobacco."

The alcohol habit was evidently only supplementary, serving no other purpose than to accentuate the pleasure secured through the tobacco habit, or to afford a temporary antidote to its toxic effects.

I have been so long convinced of the importance of these ideas that for twenty years I have refused to undertake the treatment of cases of alcoholism, without also prescribing as a preliminary the abandonment of tobacco and any other hypnotic drug; and I am more and more convinced that this principle ought to be recognized not only for the successful treatment of cases of alcoholism but also in the study of methods employed to combat the alcohol habit as a menace to society of the highest degree.

I think that it ought to be understood that the increasing tendency to alcoholism is what might be called a disease of civilization. A large number of causes in civilized countries develop mental perversions and nervous states which lead directly or indirectly to the different drug habits, alcohol and tobacco among others. That tobacco contributes to a considerable extent in creating neuropathics is beyond doubt. Has not the time fully arrived when those who recognize in alcohol an enemy of the race and one of the most powerful causes of racial degeneracy—what is so plainly and so sadly evident—should recognize tobacco also as a most powerful and active ally of alcohol? Could not those whose efforts are directed toward suppressing alcoholism legitimately oppose its disastrous brother, tobacco, not only because of its close connection with the alcohol habit, but also because of the evils which are the direct results of tobacco poisoning?

## Consideration for the Next Step in the Fight Against Habit Forming Drugs in Massachusetts

BY J. FRANK CHASE, BOSTON, MASS.

Secretary of the New England Watch and Ward Society

**I**N the city of Boston last year 314 persons were prosecuted for the illegal selling or handling of the active narcotic or habit-forming drugs. During the same period the New York police prosecuted 3,950 persons for the same type of offenses. Since January 1 the New England Watch and Ward Society has prosecuted and convicted 48 persons for the offense of selling these drugs. Out of the 48, 46 were convicted, and the punishment for the 46 defendants aggregated 199 months in the house of correction or jail. This active type of prosecution has been going on in Boston for about six years, and each year it has steadily increased. New York and Boston are not especially pestered with this form of vice. It is rampant in every large American city. New York, Boston and Philadelphia simply awoke to the gravity of the evil before other American cities, and have made an earnest fight to suppress the habit. Many large American cities are not yet aroused, and the evil is spreading in them like a fire in a peat bog, and will one day have to be grappled with and fought in desperation, lest its ravages mar the health and prosperity of their citizenship.

There is none in the list of vices which is so pernicious, persistent and deadly as the habitual use of the active narcotics and cocaine. They are the dragon's teeth of our social life from which spring up the deadliest foes of society. The shortest road to degradation, prison and death is by way of "dope." Dante placed over the entrance to hell the sign, "Leave all hope behind, ye who enter here," and that is a true legend for the drug habit. It is the most hopeless of all the habits. Once it seizes the victim he could hope for more mercy from the grasp of a boa-constrictor than from "dope." It produces criminals faster and more fatally than any other habit in life. One who knows says "the liquor traffic is not in the same class" with dope. This would be so if alcohol were not so much like cocaine in its effects in small quantities. Cocaine is like a triple extract of

alcohol. It is concentrated alcohol in its excitant qualities. When the new federal anti-narcotic drug law went into effect in every city of the Union a cry went up: "We have no hospitals to take care of the men and women who have become addicted to the habit." The few institutions each state has have now a longer list than our own Norfolk State Hospital, where there is a waiting list of about 50 persons. Scores have been sent to Long Island and Tewkesbury and scores to Deer Island and Charles Street Jail, and yet today there is no room to provide for the social wreckage which this habit has made. And consider that this is Massachusetts, which is the pioneer state to tackle the problem.

### How Drug Habits Have Acquired Their Foothold

Three things are responsible for the scourge which is upon us:

1. The psychology of the age is a part of the cause of the scourge. We are living in an age of steam and electricity. To keep up today one must think like lightning and work like a steam engine. The rush of things has gotten on our nerves. We work till we are jaded, and when the old horse falters we apply the lash, alcohol, and for a time he keeps up the pace, then falls in his tracks. Those who are familiar with it are tempted to keep going by a stronger poison (drugs). The "tired business man" wants something with a "kick" in it to soothe his nerves. The "t. b. m." show is a sign of the age—the tired business man must have his fun in allopathic doses. Again the age cries out like a little child, "Mamma, give me something to stop the pain quick." A dose of castor oil is too slow—we must extinguish the red light and go smashing on to destruction.

2. The headway of the habit is a part of the scourge. Of course, the habit got started mainly by the seeds sown by unscrupulous patent medicine concerns in the form of cocaine in catarrh remedies. Through this agency probably thousands of persons acquired the habit. To



get rid of one habit the fallacy was indulged in that one would be cured by changing the habit. This made a morphine addict out of a cocaine addict. Hence the morphine habits began to spread.

The drug habit is like small-pox, one person infects another. It spreads by a kind of social contagion. It is the contagion of example. I have known of a drug addict moving to a country town, and in six months gathering around him a dozen persons, to whom he had taught the habit, and getting the money for his supply from furnishing them drugs at a profit. A bad woman will pass along her "habit" almost as fast as her social disease. It will take a generation to stop the train of evil that has gotten started in our midst.

3. *The legal lacunae* are a part of the present scourge. When the fight in Massachusetts first commenced there was law only to deal with the accident-producing phases of these poisons; the habit-producing phases of the poisons had never been considered. Gradually law has been invented and applied, but not for five years was it possible to get any adequate law to meet the evil. Each step of progress in the law restricting habit-forming drugs has cost the hardest kind of social fighting. Public sentiment supported the demand for law, but business interests prevented its passage.

The reason for the lacunae in the law was that the wisdom of the ideals of preventive medicine has not yet gotten itself into the brains of our legislators. They want to wait till the fire breaks out before they will legislate about ways of preventing fire hazards. We fought for three years to get enacted in New Hampshire laws which could only be secured by way of Washington with federal action. The idea of prevention being better than cure could not be gotten into the heads of the hard-headed sons of that state. We have the law today, but it is about ten years too late to prevent the scourge. Now we can only circumvent it. For institutional deficiencies are the cause of the scourge. Flexner, in his work on *Prostitution in European Cities*, has wisely called attention to the possibilities of dividing the factors in the social evil into (1) the supply factors, and (2) the demand factors. He shows

how the demand determines the supply. The demand is not merely the physiological urge of normal life, but a stimulant urge which artificial incitements bring on. By paying attention to artificial incitements and preventing them we can reduce the urge and consequently the demand is diminished. The diminished demand will reduce the supply. The artificial incitements are lascivious pictures, shows, dances, and greatest of all is alcohol.

Two forces ought to go *pari passu* in fighting the social evil—the closing of the brothel to reduce the supply and the education of sex hygiene to reduce the demand. The demand, if unchecked, will invent new and multiform ways of getting itself met, hence "the call house," "the telephone house," "the immoral cafe" and the "kitchenette apartment."

### How to Cut Down the Demand

We have in our fight against drugs confined ourselves to stopping the habit by regulating the supply. The demand has not been systematically fought. The demand is a mass of drug-crazed victims who will make any sacrifice and commit any crime to obtain the drug. How can the demand be attacked?

(1) By education. What has been done in the schools cannot be soon undone, but bad companionship does undo it. It is notable that out of the last 50 cases prosecuted not a defendant was over 22 years of age. The habit is getting a hold on the young. That great institution for popular instruction, the moving picture, commenced a hopeful propaganda, but stopped when the novelty wore off, and it had only portrayed the horrible examples of the habit. It may well be carried further in that field.

### An Example of Compulsory Cure

(2) The demand can best be attacked by curing the victims. A beginning has been made here, but it is a beginning conceived in fallacy. If a person wants to be cured of his habit we have in normal times institutions to do it, but if he does not want to be cured we disregard him. We have institutions where he can be cured if he voluntarily commits himself. When he gets there and finds it is not a pleasant thing to break off the habit and becomes restless and stubborn, then he is allowed to depart, be-

cause it is felt he is not being benefited by his treatment. There is a new feeling arising on this question. It came about in this way. Scores of men have been committed to Charles Street Jail under Sheriff John Quinn. Quinn had no special appropriation for furnishing them morphine, so he deprived them of it entirely. They did not like it, and in some cases threatened to leave his institution, but he objected and insisted on finding them and bringing them back if they escaped. That kindly and skillful physician, Dr. Cilley, took a fatherly interest in his patients and took a pride in curing them, until today Charles Street Jail is the only institution in Massachusetts where a man can get cured of his habit whether he wants to or not. It is a kind of lock hospital where enforced abstinence is the rule, without exception, and where a man is given medicine which purges him of his poison. Six months at Charles Street Jail, if it could be brought about without the disadvantage of a criminal record, would be an ideal cure. Yes, for about a week it is a hard time, but Dr. Cilley beats up the eggs and milk and leads the patient through it with a fatherly interest that makes the prisoner proud of himself. I have seen wonderful cures effected there. Of course, after an addict has broken his habit, he ought to stay some months to get used to the new freedom and to form a new set of feelings. That is why six months are necessary. One month to break the habit, five months to learn how to live without it. But will they "stay" cured when a cure is forced on them? The only answer to this is: "Will they stay cured when they take the cure voluntarily?" I venture to say that the record of cures "which stay" made by persons of Charles Street Jail will equal those made at Norfolk State Hospital. The problem of "staying cured" is another problem from curing them. Not all will stay cured in either case if the streets swarm with peddlers and apothecaries do not observe their trust. Let suppression of supply go along *pari passu* with suppression of demand, and the cure is complete.

#### Reformation of System Needed

The great need of Massachusetts today is a lock hospital, a custodial institution, entrance to which may be voluntary or

enforced, but remaining in it always enforced and that for at least six months, and Massachusetts will be in a sensible way toward solving its drug problem. So long as the present state of things exists we are only playing with our problem.

See how this will fit in with our present organizations. A thousand drug addicts have been to Deer Island in the last ten years. What have we done with them? Just punished them. No sensible steps have been taken toward curing them. Why not? Because our system has been conceived in fallacy and bred in mismanagement. Have a big locked hospital there and keep drugs away from them. Give these men the most scientific cure, build up their health and give them a fair chance to commence life over freed from their habit. The six months at Deer Island could be made a blessing rather than a curse if mercy, and not merely might, dictated our policy. This can only be effectually done by changing the system. At present a better condition than has obtained for years is in force there, but it is still not doing all that could be done if a lock hospital were made a part of the system.

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#### Cocaine

COCAINE, now one of the most dreaded habit-forming drugs, is derived from coca, a South American shrub, which is very largely cultivated in Peru and neighboring countries. The leaves resemble tea leaves in size and shape, and it is said that about 40,000,000 pounds of them are annually harvested. They are mixed with ashes or a little lime and chewed by the natives. From the time of the early Spanish explorers down, fabulous tales have been told of the feats of physical endurance performed by the natives when using the leaves, and it was formerly believed that they actually served as food and imparted muscular endurance and strength. It appears certain that these Peruvian Indians could accomplish long journeys carrying heavy loads as porters over toilsome routes, and eating very little. Scientific observers, however, saw that, though an Indian could go many hours without food and without apparent fatigue, at the end he would eat as much as an ordinary man would require



for two entire days. What the coca leaves really did was to suppress temporarily the feeling of hunger and fatigue, but the conclusion was reached that it certainly did not nourish the body. The cocaine which is prepared from coca came into medical use about thirty years ago as a local anaesthetic.

"It matters not how the habit arose," says a bulletin (No. 34) of the New York Society for the Prevention of Crime, "addicts to habit-forming drugs may be found in every class of society. Later, its victims will steal, if necessary, in order to buy the drug. Dishonesty, criminality and utter downfall will follow the regular use of these drugs as surely as night succeeds day, whether politely administered in the wealthy home or taken in the darkened hallway or criminal joint."

"Cocaine is one of the most insidious and dangerous of the habit-forming drugs," said Dr. L. F. Kebler of the United States Bureau of Chemistry. "Its addiction is physically and morally degenerative." Dr. Reynold Webb Wilcox, formerly Professor of Medicine at the New York Post-Graduate Medical School and Hospital, says (Bulletin American Academy Medicine June, 1914) that it is "marked by inveterate lying, not as in the case of morphine upon topics connected with the habit, but also on other subjects, and often when the truth would be to the user's advantage. Mental failure, particularly loss of memory and of will power, and moral deterioration, are early symptoms. Visual hallucinations, often of a disagreeable character, sometimes associated with delirium, and even leading to delusions, are not uncommon. Especially when deprived of the drug are there occasionally delusions of persecution, and then the habitue may react to these false ideas in a vindictive and aggressive manner, may even kill those whom he believes to be his tormenters. Very rarely delusional insanity may develop rapidly and run its course in a few weeks. There is an intermittent form of cocaine addiction, resembling dipsomania, with mental and moral deterioration persisting in the interval."

Wherever the sale of patent medicines has been restricted to those presenting a physician's prescription, the consump-

tion of cocaine is said to have been at once lessened (Townsend.) It is to be hoped, therefore, that a strict enforcement of new state laws and the recently enacted federal law forbidding the sale of habit-forming drugs, except on physicians' prescription, may materially check, at least, the formation of the habit. It will take time for the confirmed users to be eliminated.

\*

## Nicotine in Account With the People of the United States

BY PROF. H. W. FARNAM, YALE UNIVERSITY, NEW HAVEN, CONNECTICUT

### Dr.

1. To amount spent on tobacco and accessories \$1,200,000,000  
Less taxes, say . . . . . 105,000,000  

---

\$1,095,000,000
2. Fire loss—*a.* Towns—\$45,000,000 to \$90,000,000.  
*b.* Forests  
*c.* Loss of life in fires
3. Pre-emption of arable land 1,200,000 acres.
4. Extra expense for railroad equipment, hauling, etc.
5. Expense of keeping the country clean.
6. Ill-health.
7. Retarding education of children.
8. Waste of time.
9. Weakening of social sense (regard for rights of others.)
10. Weakening of will power.

### Cr.

Smokers' Euphoria [a certain effect of a sense of enjoyment experienced by the smoker.]

In all cases the effect is personal, not social. . . .

In estimating any social burden, account must be taken not only of its magnitude in a single year, but also of its persistency. . . . Thus it is not unfair to say that our country carries a direct interest charge of some \$1,200,000,000 on a social mortgage, of which about \$105,000,000 is in favor of the treasury, the balance in favor of the tobacco interests, in addition to the heavy personal and official burdens specified in our balance sheet.—From "Our Tobacco Bill." *Unpopular Rev.*, Jan., 1914.

### Symposium

1. "What is the best reason I can give my boys against forming the cigaret habit?"
2. "What can we best do to prevent the formation of the habit?"

#### THE PHYSICIAN'S ANSWER

BY DR. RICHARD C. CABOT, BOSTON, MASS.

THE best reasons that I can give to boys against forming the cigaret habit are:

1. It seems to prevent boys from obtaining their full growth.
2. It certainly prevents the most efficient use of physical power, since no athlete in training is allowed to smoke.
3. It is a waste of money and never did anybody any good.
4. Employers are beginning to discriminate against boys and men who have the cigaret habit, finding them less trustworthy and efficient.

In answer to the second question, the best that we can do to prevent formation of the habit is:

1. Not to smoke ourselves.
2. To explain the points just mentioned.

\*

#### A BUSINESS MAN'S ANSWERS

BY ARTHUR H. MERRITT, BOSTON, MASS.

Director in the Franklin P. Shumway Co.

AFTER a business experience of 25 years, the last 9 years as a director in large corporations, five years as superintendent of a Sunday school of over 800 members, including nearly 400 boys and men, and two years as president of the Boston District of the Massachusetts Sunday School Association (148 schools), I want to state most emphatically that I have yet to find a boy or man who smokes cigarets who has done as good work after taking up smoking as before.

Again and again have I seen a young man do good work in business and in church or Sunday school, take up cigaret smoking, and then fall behind in both quality and quantity of work, and, in most cases, he has in the end lost both his ambition and his job.

That experience is my answer to the first question.

To the second question, I can do little to prevent the formation of the cigaret-smoking habit when the grown-up men in church, the Sunday school and the office themselves practice this detestable habit.

Men come to me with tears in their eyes to talk about "their boy whom they see slipping away from the home influence" and doing unhappy things; yet, even as the father talks to me, he puffs in my face the smoke that is ruining his boy and that is killing thousands of our boys.

I can only place plainly before that man, that boy, before you, the above long experience in business and religious fields and say that, because of this experience and the heartache caused by many boys and men I have known who have fallen by the wayside by reason of cigaret-smoking, I shall continue to do all in my power to prevent the manufacture, sale and use of cigarets in any form.

\*

#### A MAYOR'S SUGGESTION

THE new Mayor of Chicago, William Hare Thompson, announces that he will be an abstainer.

Here is his program, according to *The Congregationalist*, for keeping boys healthy and free from bad habits:

"Tell Dick to train himself to beat Tom in a 50-yard dash. Then Dick learns he must go to bed early. He learns what kind of food to eat. He stops smoking cigarets, for his trainer tells him he cannot run and smoke. He cultivates ambition and forms habits which remain with him through life."

\*

#### A BOY'S OWN SUGGESTION

A DISTINGUISHED man tried to point out to his son the injury that might be expected from tobacco. The lad turned to his father and said: "I don't care anything about smoking; I won't smoke if you won't." This is the solution. The man who drinks may expect his son to drink. These little habits after a while become, like the threads of a spider, interwoven so strongly that there is constructed a net difficult to escape. Seeds are sown that bring to many the results that we have been reading of this afternoon. Let us be thoughtful and see just what our example may teach as well as our precept.—Dr. Henry O. Marcy, *Bulletin American Academy of Medicine*, June, 1914.



## THE KNIGHTS OF KING ARTHUR AND THE CIGARET HABIT

BY REV. WILLIAM C. GORDON, PH. D.,  
AUBURNDALE, MASS.

THE object of the Knights of King Arthur, as stated in the constitution of our local castle, is: "To promote Christian knightliness in ourselves and our community, through the adoption of the knightly qualities and ideals of the old-time heroes of the Round Table."

The phrasing is that of the boys themselves. It is not above criticism in form, but its meaning is not to be mistaken.

Every member of the castle has a fairly distinct picture in his own mind of his ideal man, the true knight of the twentieth century. He chooses some man out of the present or the past, out of real life or out of the realm of literature, and that man stands as his ideal. The boy is called by the name of his hero in all conclaves. He prepares an essay upon the life of the man whose knightly name he bears, in which he states why he admires his hero and desires to imitate his virtues. That hero is a powerful influence in the life of the boy. Whatever tends to make him like his chosen knight is eagerly sought. Whatever tends to make him less strong in body, mind or morals is spurned as something that hinders his attainment of likeness to his ideal. Show him that the cigaret has such a weakening effect in his life development, and you have made the boy the enemy of the cigaret. This is not theory. This is a report of facts actually witnessed in the development of boy life.

The physical has a very important place in a boy's conception of his ideal man. If you want to know the standing of any baseball team in the National or American League, don't bother to look up a paper. Ask the first live boy you meet. He can tell you. He not only admires athletes; he aspires to be an athlete himself. Whatever may be said about the use of tobacco by adults, there are few who doubt that the cigaret is injurious to the physical life of the growing boy. The true Knight of King Arthur wants to possess the strongest, most athletic body it is possible for him to develop. He knows and occasionally is reminded in conclave that the cigaret hinders his

attainment of his best athletics. Therefore, the cigaret is no friend of his. The different forms of athletics, baseball, football, hockey, tennis, etc., which are cultivated by the castle itself, and the ambition to "make the team," give emphasis to the need of "cutting out" the cigaret if the boy is to become a successful athlete. In the language used in an important document of the order, "What harmeth body, defileth tongue or doeth ill to mind cometh not to our conclave."

One can judge a little of the kind of sentiment which has been developed among the boys themselves upon this matter by the statement of an able physician who became a resident of this place after more than a score of years of successful practice in greater Boston. "This," said he, "is the only place I know where it is respectable for a boy of high school age **not** to smoke."

\*

## MANLINESS NOT MANNISHNESS

BY ORMOND E. LOOMIS, BOSTON, MASS.  
Scout Commissioner, Greater Boston Council Boy Scouts

THE ideal held before the Boy Scout is that he must be physically clean, mentally wide-awake, morally straight, and that a true Scout will, of course, let alone anything like cigarets, which militates against this ideal.

We endeavor to keep the boys so busy, so to supply wholesome activities and interests which appeal to them, that they will not get into lazy habits of mind and body and that state of vacant, uninterested idleness in which the cigaret habit so easily takes root.

The notion that smoking is a sign of manhood, which encourages so many boys to begin the habit, is met in Scout training by an endeavor to develop in them a *spirit of true manliness instead of mere mannishness*.

\*

## ONE HIGH SCHOOL METHOD

BY JAMES E. DOWNEY  
Head Master High School of Commerce, Boston, Mass.

WHEN a boy enters the Boston High School of Commerce, he is given a form letter to read and to have his parents read and sign.

In this letter, the following is said in regard to smoking:

"The school is against smoking for boys until they come to the age of ma-

turity, which we place at about 24 years. I feel free to suspend any boy found smoking within a mile of the building. Any boy known to be a smoker will not be recommended for a position. We know that smoking is a very harmful thing for boys of growing age, and, therefore, we offer no compromise with the habit for the boys of the High School of Commerce."

This policy has been in force for the past five years, and has been carried out consistently

While we do not feel we have solved the problem of cigaret smoking on the part of high school boys, yet we know that we have accomplished much good in individual cases by this policy.

\*

## APPEAL TO MODERN HERO WORSHIP

By JAMES F. BARNES

Boys' Work Secretary Boston Young Men's Christian Association

**I**N our work with boys at the Boston Young Men's Christian Association experience has taught us that the best way to prevent the formation of the cigaret habit is to acquaint the boys with the opinions of men whom they respect and admire.

Hero worship is the dominating factor of boyhood during the plastic period. Whether the hero is a master of finance, a captain of industry, or a leading athlete depends upon the boy. He chooses his

\* \* \*

## Shall I Smoke? --- Topics for Discussion

By REV. HARRY ADAMS HERSEY

**S**HALL I smoke? I ask this question, of course, with reference to the use of tobacco. I would not confine the discussion to the cigaret question, however, but, with that specially emphasized, would discuss the use of tobacco in all forms. Some of the questions which the boys might be asked to answer (possibly after a week of preparation) are:

1. If the use of tobacco is soothing to the nerves (about the only argument left, sometimes used by physicians who smoke), and is of real benefit to hard-working and nervous persons, is it not fully as necessary to women, the "high-

favorite vocation or avocation, and if this hero has publicly taken a definite stand, as most influential men have, on the cigaret question, his testimony has weight with the boy. A youngster who is interested in electricity is impressed by Edison's letter to Henry Ford:

April 26, 1914.

Friend Ford:

The injurious agent in cigarets comes principally from the burning paper wrapper. The substance thereby formed is called "Acrolein." It has a violent action on the nerve centers, producing degeneration of the cells of the brain, which is quite rapid among boys. Unlike most narcotics, this degeneration is permanent and uncontrollable. I employ no person who smokes cigarets.

Yours,

THOMAS A. EDISON.

It is impossible for a vicious companion to persuade a boy who is a baseball enthusiast that he must smoke to be manly, when he knows that Connie Mack has said, "We do everything in our power to discourage the use of cigarets, knowing the great harm it has done to those who have been in the habit of using them. It is my candid opinion that boys at the age of ten to fifteen who have continued smoking cigarets do not as a rule amount to anything. They are unfitted in every way for any kind of work where brains are needed."

Boys respect the opinions of men whose ability is recognized. The personal appeal to manhood and ideals of achievement is our keynote.

strung" and "nervous" sex, according to popular belief, as to men?

(a) If "tobacco soothes the nerves" is it not well to inquire just why and how it does so, and what is the after-effect and the last effect? Is it wise to employ narcotic or other drugs to do that which sleep, fresh air and a simpler life would do?

2. If we who do not smoke "do not know what we miss," is this not a clear case where "it were folly to be wise?"

3. Does the happiness of the smoker when he can smoke compensate for his misery when he can not?

4. Has any person a right to saturate



his clothes, his person and the atmosphere with an odor highly objectionable to most women and to many men, and absolutely poisonous to others?

5. Look into the smoking cars, the smoking sections and seats, and the smoking rooms as you travel. Does not a decent man look decidedly out of place in such company and surroundings? Do you wish to be judged by the company you keep if you keep that company?

6. Why does the life insurance company wish to know if you smoke?

7. Why does the surgeon, contemplating a serious operation, ask if the patient smokes?

8. Why are athletes, in training, forbidden to smoke?

9. Why do smokers, as a rule, advise others not to smoke?

10. Why is abstinence from tobacco everywhere considered a valuable asset for a young man?

11. Why is the cigaret the object of special attention by temperance and anti-tobacco workers?

(a) Why are thousands of business positions closed to cigaret smokers? [See Ford and Frick pamphlets reviewed, p. 200.]

(b) Why do cigaret smokers make the vast majority of mistakes in book-keeping?

(c) Why are cigaret smokers an easy prey to disease, especially to tuberculosis?

(d) Why do most boy smokers, and many other smokers, prefer the cigaret?

(e) Read all the books you can find which deal with the principles of success in life and advice to young men of ambition. Does any one of them advise the use of the cigaret?

(f) Are successful cigaret smokers successful because of, or in spite of, their habit?

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### Like Father Like Son

THE boy who is certain to be injured by any form of tobacco invariably smokes in the worst way that he can—that is, smokes cigarets. How is his father going to stop it? We all know with what force the indorsement of a hair tonic comes from a bald-headed barber. A man cannot expect to have any influence with his son when he ad-

vises him not to do the thing he himself is doing. Every man advises his son not to smoke until he reaches an age where tobacco will not hurt him, though he himself has probably heard lately from his doctor that there is no such age. Though tobacco will injure a boy more than a man, it will also injure the man at any time during his life. When the father goes on to advise the boy to begin his smoking on pipes or cigars when he is grown up, his position becomes puerile. For he knows very well that almost no one begins on anything but cigaret. Lastly, the father's attitude is immoral. To tell a boy not to do what he constantly sees his father doing is advice too absurd to need serious consideration. I have seen a father sit in a room blue with tobacco—a room in which all the windows were shut—and advise his boy not to smoke until he was twenty-one. To breathe smoke-laden air is to absorb some of the nicotine—cases of even mild poisoning have resulted from this alone.

A boy gets something of the excitation of tobacco and acquires a desire for it when he breathes atmosphere charged with his father's smoke. And, besides the same physical incentive, he has an intellectual curiosity to see what the sensation of smoking is like. Thus the father who fills his home with smoke has in a three-fold way created an appetite for tobacco in his boy; first, the boy has a disposition to smoke because his father does; second, because he is curious, and third, because his respiratory passages are already craving the excitation to which they have become accustomed.—C. B. Towns, *The Century*, March, 1912.

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### EPILEPSY REMEDIES

There is no drug or mixture of drugs known to the medical profession which will eradicate epilepsy. The best that can be done for its victims is to diminish the frequency of the attacks by giving certain medicines and regulating the diet. These facts, however, do not deter the most ignorant from preying on the unfortunate. The various mixtures on the market contain one or more of the bromids, but a number contain, in addition, morphine or opium, the primary purpose of which is to create a demand for the remedy.

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## Why a Drug Number?

**N**ARCOTISM is a many-sided social peril. This is the answer to the question which may be raised why a periodical ordinarily devoted to the alcohol question gives up one number largely to the question of other habit-forming drugs and their consequences.

The use of alcohol, as appears from these pages, is knit up with the use of other dangerous drugs. The alcohol habit, as two or three writers point out, is interchangeable with, may follow, or may precede other drug habits. Other drugs like opium and tobacco make common cause with alcohol in producing that sense of relief from discomfort, of well-being, which is both one of the strong holds which they have on human habits and one of the sources of greatest danger. The effects of the drugs, it is true, may differ in degree and in details, but fundamentally they are akin.

Like the alcohol habit, social custom and example have much to do with starting the tobacco and other narcotic habits. Like it, they are fostered by commercialism, which goes out of its way to engraft habit upon the non-user.

If alcohol were swept out of existence tomorrow, there would still remain this army of other habit-forming drugs, already deeply entrenched, which will have to be destroyed if the human race, living in the whirl and distraction of modern life, is to keep its vigor and poise.

The recent passage of federal and state laws concerning the sale of certain habit-forming drugs is an indication that

legally we are beginning to size up the situation and take it in hand before it gets away with us, as has been the case with alcohol.

From the preventive point of view, several things need to be done:

1. Education in the facts concerning the effects of habit-forming drugs. As yet, in the matter of tobacco, for instance, there has not been done much of such experimental work to determine the effects upon adult life as has stripped alcohol of its glamor. Everybody is agreed as to the probable ill effects of tobacco upon immaturity, and most people know there are certain pathological results which may happen in maturity, but these as a whole have not yet been given the really serious scientific study which enables one to generalize beyond certain known probabilities.

2. Training the rising generation to a degree of self-control, to ideals of self-mastery which will scorn resorting to narcotics "to escape trivial pain or the ordinary worries of existence as an attempt to cheat in playing the game." This may seem chimerical, but our systems of education at home, at school and in society at large need to put more of the old idea of "hardness to endure" into the backbone of the spirit of the coming man and woman.

3. Training to healthful, physical and mental habits, to sensible habits of work and play will go a long way to forestall the rising of a situation of pain or of worry. What Mr. Fisher calls the readjusting of the rhythm of life as to work, fitness for it, recreation, rest, responsiveness to the common pleasures available to any one, will help keep the vigor and poise which will not even think of resorting to narcotics for temporary and unearned relief.

It is evident that the drug-using question, like that of its segment, alcohol, has to be dealt with from many sides. It is a promising fact that, while alcohol is the chief point of present attack, the whole issue is beginning to be seen in its entirety.

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## Watch the Labels

**I**T would seem as though repeated warnings ought to have made the public wise to dangers of self-drugging by more or less indiscriminate use of



prescriptions or patent medicines. Physicians' prescriptions, perfectly appropriate for one set of physical conditions, are too often made to do duty for other times when symptoms are self-diagnosed by the patient as precisely the same. "I have a cough *exactly like* the one I had last year," wrote a complaining citizen to a city daily; "but because of this new drug law I can't get the prescription filled which my physician gave me last year, but must go to him again. It does us great injustice." And yet, likely enough, had he consulted his physician, he would have been told that his cough, "exactly like last year's," had an entirely different cause and required different treatment.

But, in the matter of using the so-called patent medicines, there is always the danger that the drugs which they contain may be of a narcotic nature which may both mask the symptoms, giving apparent relief for a time, and also form a drug habit.

Everybody ought to know by this time, by reason of the publicity given them, the names and characteristics of the chief of these dangerous drugs. There are two good rules to follow when tempted to try "medicine" for oneself:

1. Don't do it.
2. If you feel you really must buy, study the labels and find out what the compounds contain, and, if they contain these dangerous drugs, again don't do it.

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### ***Coffee in Limited Diets of Working Girls***

THESE are hundreds of thousands of working women who feel compelled to limit their expense for the mid-day meal to a small amount. Observation of the selection of food made leads one to the conclusion that quite a false dependence is being placed upon coffee for this meal. Fully three-fourths, perhaps nine-tenths, of the women and girls observed by the writer are spending one-fourth or one-third, or even occasionally one-half, of their slender noon-day allowance for coffee. We bear no special grudge against coffee, but the fact remains that its nutritive value lies only in the milk and sugar used with it, while it does contain a drug which

gives only a temporary sense of excitation. The same amount of money spent for real food, hot soup or milk, etc. (if heat is desired) would unquestionably afford more genuine nutriment for the outlay and bring the worker through to the end of the day less fagged-out.

Homes and schools could do the girl who must go into industrial life a real service personally and as an employee if they teach them how to select their meals rationally within the limits of possible expense, and to eliminate the coffee as a steady part of the diet which must be bought at low cost.

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### ***The Stroke Oar***

DR. RICHARD CABOT, the widely known Boston physician, who is actively interested in social welfare work, said, in a recent address before the School for Social Workers, according to the *Boston Post*, April 4, 1914:

"It is often asked if there is any reason why a woman shouldn't smoke if a man does? Smoking may not be physically harmful, but it represents a moment of letting yourself go. Drinking and swearing also represent moments of slackness.

"Now, the stroke oar is the last man who can let himself go down. Women are our stroke oar in these matters, and if in their relations with men they let themselves go, it will be magnified all the way down the boat crew. A very definite duty women have to men in this respect."

Among the various forces that make and unmake character, that of personal influence is one of the strongest. The enthusiasm with which girls and boys imitate an older person whom they admire is startling to one so copied who realizes the possibilities it involves. For if the detail copied is a blemish or a vice the responsibility for perpetuating it is no light one.

A painful incident of this kind was recently reported in the papers:

A class of girls and boys from a private school were accompanied on an excursion by one of their instructors and his wife. After the dinner at a hotel, the instructor's wife produced a box of cigarets and proceeded to light one, saying that while it was not customary

for ladies to smoke in America, it was in her country.

If the story had ended there it would not have been so bad, but the lady in question made herself especially entertaining, telling the girls much about her native country that greatly interested them, with a vivacity and comradery that won their admiration. They contrasted her, afterward, with the faculty ladies of their institution, whom they pronounced "as stiff as buckram," while this one was "as charming as the heroine in a novel," and the way she smoked cigarettes was "just too cute."

It will be a safe guess that as a result of that trip more than one of those girls will try to imitate the foreign lady's charm of manner, plus her vice of cigaret smoking.

The cigaret boy is menace enough to the future physical and mental vigor of our race. If to it is to be added the cigaret girl, a still greater stultifying effect is inevitable.

The remedy lies in the same line as the original impulse in the wrong direction. Attractive young women, capable of that charm of manner that compels admiration, can set up, if they will, counter currents in the direction of healthful recreations and high-minded conduct.

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### *The Mote and the Beam*

**A**MERICANS have been in the habit of expressing "holy horror" at what they call Great Britain's wicked forcing of opium upon China.

It is quite time that we opened our eyes to what America is doing to China now that the latter has begun to get rid of opium. According to the testimony of travelers and missionaries, certain American interests are sending their representatives up and down China and other oriental countries encouraging and teaching the use of cigarettes. In Korea, according to *The Advance*, the cigaret companies, as one means of increasing the use of cigarettes, have seized upon the Koreans' love of pictures, with the result that one "can hardly find a Korean home without twenty or more attractive picture cards of animals, flowers, people, buildings, etc., each with a tiny picture of a package of cigarettes in the corner"—not a deadly means of

education, perhaps, but indicative of the extent to which the Oriental cigaret propaganda is being conducted. In China, because of the extremely cheap labor, it is said that twenty cigarettes can be sold for one cent of our money. Salesmen and demonstrators are being sent throughout the country to show the people how to smoke the cigarettes.

Charles B. Towns, writing in *The Century*, remarks:

"If anyone thinks that China is the gainer by substituting the one drug habit for the other, I beg leave to differ with him. The opium-smoker smokes in private with other smokers, and hence he is not offensive to other people. He is not injuring non-smokers, or arousing the curiosity of boys, or polluting the air, or creating a craving in others."

China saw the perils of its own evil, the opium habit, and determined to get rid of it. America has not only not yet waked up to what cigarettes are doing to its people, and especially to youth, to take the drastic measures against it that China has used against opium, but she must needs pass it on to China.

America's "beam" of the cigaret may prove to be as great as Britain's "mote" of opium, unless America wakes to what commercialism is doing in her name.

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### *Drug Addiction in the South*

**C**ONSIDERABLE stress has been laid upon a claimed increase in the use of habit-forming drugs in the South since the enactment of laws prohibiting the sale of liquor.

The truth of the matter appears to be that for some years there has been a general increase in the use of drugs. This increase is not confined to the South, but is observed also at the North, where liquor may be freely obtained. For example during the period covered by the Prohibition legislation in the South, according to Dr. Perry Litchenstein (p. 191), there has been an "extraordinary" increase in drug addiction in New York.

Until the whole question has been thoroughly studied in *both* North and South, public opinion would probably better not allow itself to be stampeded into the belief that abolishing liquor necessarily means resorting to drugs.



## From the Medical World

### BORROWING AGAINST THE FUTURE

THE habitual use of narcotics is comparable to borrowing money at usurious interest rates. The longer the practice is continued, the heavier becomes the burden of debt to nature till finally physical bankruptcy ensues.—Bulletin No. 4. Provident Savings Life Assurance Society.

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### MEDICAL STUDENTS' EFFICIENCY DECREASED ONE-TENTH BY SMOKING

THERE was a decrease of 10.5 per cent in efficiency after smoking in tests made on medical students by Dr. Arthur D. Bush, instructor in the University of Vermont (*N. Y. Med. Journal*, March 14, 1914.) 120 tests were made on each of 15 medical students, ranging in age from 21 to 32 years. The greatest loss in the experiments occurred in cigaret smokers.

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### A PHYSICIAN'S HEART CRIPPLED FOR LIFE

THERE is no question but that nicotine is a poison; there is also no question but that different individuals are affected differently by that poison, according to the individual's susceptibility. One man may smoke twenty or twenty-five cigars a day and apparently not feel it, while in another one cigar may produce a distinctly toxic effect.

However, while the susceptibility of the individual plays an important part, there is no question but that every man who smokes constantly is getting a bad effect on the heart, the nervous system and the blood vessels.

I used to smoke twelve to fifteen strong cigars a day, until I found that my heart was beating 120 and skipping every fourth or fifth beat. I have not smoked for ten years, but I have a crippled heart—a heart that was only functionally disturbed at first, but later became organically affected. I have no high blood pressure, but I am sure that my life has been materially abbreviated by the amount of smoking I formerly indulged in.

No drunkard, morphine habitue or to-

bacco user ever acknowledges that he indulges in more than a moderate amount. "Moderate" is too indefinite a term to use. Therefore, if we, as medical men, desire to indulge in these things, we should be perfectly honest about it and say that, while we know they are doing us harm, we are willing to take the consequences for the pleasure they give us.

Nevertheless, the fact remains that nicotine is a poison, and when constantly put into the system it will produce structural changes and be a potent factor in the production of premature senility, if you choose, or in producing changes in the arteries and blood vessels, and will tend to shorten the individual's life.—Dr. W. F. Boggers, *Ky. Med. Jour.*, May 15, 1914.

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### HOW AND WHY ONE DOCTOR STOPPED SMOKING

I SMOKED off and on, though not to any great extent, until I attained the age of twenty-three or four, when I went to Germany, and, cigars being so cheap there, I began to smoke cigars as a student, and smoked continuously and excessively.

I want to say right here that any man can quit smoking if he so desires, just as readily as any man can quit alcohol if he so desired. I threw my cigar into the water as the boat was leaving on the return trip. The reason I quit smoking was because I had in mind taking up the study of pediatrics, and I do not know of anything more objectionable to invalids and children than a tobacco-laden breath; in fact, a breath smelling markedly of tobacco is offensive to a great many adults—it is to me.—Leon J. Solomon, M. D., *Ky. Med. Jour.*, May 15, 1914.

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### THE SMOKER AS A PARENT

I DESIRE to call attention, in particular, to the effects of tobacco smoking on the procreative powers of man; also, upon the wives of those who smoke. I had previously been impressed that tobacco smoking was a cause of abortions, miscarriages and stillbirths, but Dr. H. H. Tidswell, of London, Eng-

land, in his book on tobacco habit [*Scientific Temperance Journal*, May, 1913] brought the matter definitely to my mind.

Dr. Tidswell takes the position, and I believe substantiates it, that tobacco smoking causes sterility in the male, in some degree destroys his power of begetting male children, causes his wife to abort, miscarry and bring forth still-born children, and to suffer from inflamed breasts during her nursing period.

I have investigated the claim to the extent of twenty families, in ten of which the husbands were non-tobacco users, and in ten the husbands were smokers; some of them both smoked and chewed. With two or three exceptions, the wives, if living, had passed the age of child-bearing.

The following is the record of these twenty families:

	10 Non-Smoking Fathers	10 Smoking Fathers
Children born ..	86	77
Boys .....	56	36
Girls .....	30	41
Miscarriages ....	1	7
Still-births.....	0	1
Inflamed breasts		
in mother .....	2	5
Children died ...	7	14

If these reports be an average, or only half an average, of the evil effects of tobacco on the human race, in a whole state or the nation the multiplied evil would be so great as to overwhelm us with its immensity.—Dr. Alexander S. Garrett, *Texas State Jour. Med.*, September, 1914.

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#### THE EFFECT OF TOBACCO ON LONGEVITY

THE smoker may not be willing to give up his indulgence, but he is entitled to know its dangers.

It differs widely in its action upon different individuals, and no sweeping statement can be made. Smoking raises the blood pressure by vaso-constriction, accelerates the heart and respiration, and increases the intestinal movements.

The symptoms of tobacco intoxication are vertigo, somnolence, disturbed capacity for intellectual effort, abnormal moods, neuralgia, uncertainty of movement, a form of ataxia, tremor, muscular contractions, irregularity of heart action,

or palpitation, emaciation, insomnia, amnesia, transitory aphasia, disturbance of judgment, etc.

God does not fix longevity. Who does then? We all do. We have no right to blame a cruel Deity for untimely deaths which are actually due to carelessness and bad, pernicious habits; or to refuse to exercise the common sense which is also an inspiration from the Almighty.

Let us keep up with scientific progress; let us, as medical advisers, practice what we teach. The public looks to us to lead by example and precept in all matters of health and prevention of disease. Let us shun this habit of using tobacco, which pollutes the body and shortens life.—E. S. Frey, M. D., Louisville, Ky. *Kentucky Med. Journal*. May 15, 1914.

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#### CRAVING CULTIVATED BY CUSTOM AND COMMERCIALISM

WITH all their hoary antiquity and widespread dissemination, no [normal] child of any age or race ever developed a natural appetite or distinctive liking for these alcoholic beverages.

Thus nature discriminates against them as she does against much else that is injurious to our well-being, showing plainly that they are not essential to our health or life, as real foods are, but, on the contrary, they are harmful during the period of childhood development, and it is doubtful if this taste would be developed if great pains were not taken to acquire the appetite, and hence there would be fewer drunkards if the protests of nature were heeded.

Statistics from alcoholic institutions show that nearly 90 per cent of those who became drunkards begin to drink before they reach the age of discretion, and over two-thirds never craved it, but drank because they saw others imbibing.—R. M. Hammond, M. D., in *Jour. S. C. Med. Ass'n*, August, 1914.

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#### THE CHOICE OF EVILS

I THINK all of my readers will agree with me that none of us have any too much brains; and I further think that the term is a generally accepted one, that "When drugs or drink are in, brains are out." If it should come to a question as to which of the two evils is the least, I would say whisky will put you out of the profession sooner than



drugs; but if you are looking toward a cure, you can possibly be cured of the liquor habit in a shorter time than the drug habit demands. Yet, as to permanence of the cure, there is more satisfaction in treating the drug habit; for, when once cured, we do not find "the devil and all of his hosts" on every corner near a national or state licensed store seeking to once again entice you from the "straight and narrow path." No one ever asks you to join him in a social dose of morphine or dope.—C. E. Patterson, M. D., *Southern Practitioner*, July, 1914.

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#### DRUG HABIT INCREASING WHERE LIQUOR IS SOLD

MUCH has been said of the prevalence of the drug habit in the South in recent years, and this claim has been made the basis of an assertion that the increasing drug habit is due to the prohibition of the sale of liquor. That there are other explanations of this condition, if true, appears in an article by Dr. Perry M. Lichtenstein, Physician to the New York City Prison, in the *New York Medical Journal*, Nov., 1914, No. 20.

In New York certainly there has been no new restriction placed upon the liquor habit, and yet Dr. Lichtenstein states that 5 per cent of the prisoners admitted in one year were drug habitues.

"The increase in the number of people addicted to habit-forming drugs has been extraordinary within the last five years. The greatest increase has been within the last year. Whether or not this is due to a natural increase in the number of people addicted is difficult to say; it may be due to the enforcement of the laws relative to the use of narcotics, thus bringing a greater number to our attention. I am inclined to believe the former; for when one notes the number of young prisoners addicted to the use of drugs, and takes into consideration the period of addiction, it is easy to see that the habit of formation is on the increase.

"The number of victims who directly trace their addiction to physicians' prescriptions is very small; I have found but twenty such people out of 1,000. . . . Other prisoners have stated that they had been induced by friends to take a 'sniff' of the drug, which is variously termed 'happy dust,' 'snow,' etc.

"Several individuals have come to the conclusion that selling 'dope' is a very profitable business. Those individuals have sent their agents among the gangs frequenting our city corners, instructing them to make friends among the members and induce them to take the drug. Janitors, bartenders and cabmen have also been employed to help spread the habit. The plan has worked so well that there is scarcely a pool-room in New York that may not be called a meeting place of drug fiends. The drug has been made up in candy and sold to school children. The conspiring individuals, being familiar with the habit-forming action of the drugs, believe that the increased number of 'fiends' will create a larger demand for the drug, and in this way build up a profitable business."

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#### SOME DANGEROUS DRUGS FOR SELF-PRESCRIPTION

AMONG the drugs used frequently for self-administration there are various *headache* remedies.

The amount of acetanilid, antipyrin, caffeine, etc., used in preparations of this class of habit-forming remedies is very large. The caffeine may stimulate the heart to greater activity for a short period, but the depression induced by the acetanilid is persistent and increases in proportion to the amount used. Several preparations of this class contain codein, a drug which is replacing opium and morphine to some extent.

These remedies in general simply benumb or stupefy the senses, but do not remove the cause of the trouble, and may even increase it.

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#### Coughs and Colds

Many special mixtures have been devised and placed on the market for treating these common ailments. These concoctions usually contain one or more habit-forming drugs as chloroform, heroin, hydrochloride, morphine, codein, etc. The same habit-forming agents are offered to the public in the form of cough lozenges and pastiles. Drug remedies for colds and coughs should be used only when prescribed by a competent physician and as prescribed.

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"Judge, have you tried this whisky?"  
"No, but I have tried the man who did."

# From Popular Health Writers

## The Tobacco Habit

BY DR. WOODS HUTCHINSON

**S**MOKING is the curious act of drawing smoke into the mouth and puffing it out again. Why this custom should have become so widespread is even a greater puzzle than is the drinking of alcohol. In civilized countries, at least, it is a custom of much more recent growth than "drinking," as it was introduced into Europe from America by the early explorers, notably those sent out by Sir Walter Raleigh.

### Smoking a Senseless Habit

As tobacco smoke is neither a solid nor a liquid, but only a gas, no one could even pretend that it is of any value, either as food or drink. All that can be said of smoking, even by the most inveterate smoker, is that it is a habit, of no possible use or value to body or mind, and of great possibilities of harm.

Another singular thing about smoking is that its effects vary so greatly according to the individual who practices it, that scarcely any two smokers can agree as to the exact reason why they smoke, except that in some vague way smoking gives them pleasure. The only thing that they do agree upon is that they miss it greatly and crave it keenly whenever they stop it. The only thing that stands out clearly about smoking is that, while it does no good and does not even give one definite and uniform kind of pleasure, it does form a powerful and overmastering habit which is exceedingly difficult to break, and develops a craving which can be satisfied only by continuing or returning to it.

### Very Difficult to Break the Habit of Smoking

As a matter of practical experience, not one smoker in fifty who tries to swear off ever succeeds in doing so permanently. Why, then, should anyone form a habit which is of no benefit whatever, which is expensive, unpleasant to others, and which may become exceedingly injurious, simply for the sake of saddling one's self with a craving which

will probably never be got rid of all the rest of one's life? The strongest and most positive thing that a smoker can say about his pipe, or cigar, or cigaret, is that he could not get along without it; and he will usually add that he wishes he had never begun to use it. You are better off in every way by letting tobacco strictly alone, and never teaching yourself to like it.

### Tobacco Is Not a Natural Taste

As might be expected, in the case of such an utterly useless drug we have no natural liking or instinct for it; and the taste for it has to be acquired just as in the case of alcohol, only as a rule with greater difficulty and with more painful experiences of headache, nausea and other discomforts.

### Nicotine a Powerful Poison

Tobacco contains and depends largely for its effects upon considerable amounts of a substance called nicotine. This is a powerful poison, even in very small doses, with only feeble narcotic, or pain-deadening, powers; but fortunately the larger part of it is destroyed in the process of burning. Enough, however, is carried over in the smoke, or absorbed through the butt of the cigar or cigaret, or the mouth-piece of the pipe, to injure the nervous system, especially in youth. It especially attacks the nerves supplying the heart, and is thus most harmful to growing boys.

On account of its injurious effects upon the nerves of the heart, smoking has long been forbidden by trainers and coaches to all athletes who are training for a contest or race.

### Cigarets a Wet Blanket on Ambition

In addition to its poisoning effects upon the nervous system, tobacco also does great harm to boys and young men by providing them with an attractive means of filling their time and keeping them amused without either bodily or mental effort. The boy who smokes habitually will find it much easier to



waste his time in day-dreams and gossip, and tends to become a loafer and an idler.

The smoker feels as if nothing were worth while doing very hard, and it becomes difficult for him to fix his mind upon a subject. At the same time, it dulls the appetite so that one takes less wholesome food; and it checks, or clogs up, the sewer-pipes of the skin, the liver and the kidneys.

As a wet blanket upon ambition, a drag upon development, and a handicap upon success in life, the cigaret has few

equals and no superiors. The stained fingers and sallow complexion of the youthful cigaret smoker will generally result in his being rejected when applying for a position. The employer knows that the non-smoking boy is much more likely to succeed in his work and win his way to a position of trust and influence than is the "cigaret fiend." Especially in these days of sharp competition, no boy can afford to contract a habit which will so handicap him in making his way as will the cigaret habit.—From *Handbook of Health*.

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## Some Considerations for the Would-Be Smoker

BY HERBERT WESCOTT FISHER

**G**RANTING that you have decided upon "moderation" [in the use of tobacco] instead of abandonment, an entirely new series of doubts immediately springs up.

First, who, except non-users, will manage to hold themselves down to such *excessive* moderation, so to speak?

### The Question of the Children

Second, leaving quite out of this book the altruistic idea of being our brothers' keepers, how are we to manage that stupendous business of being our children's keepers? No one who is both educated and rational will tolerate the thought of granting even tea to children. We all recognize their enhanced susceptibility to whatever is deleterious. There is a case on record—and doubtless it could be duplicated many times—of a certain baby whose father was obliged to be much away from home. The father, like other fathers, was wont when at home to caress his child. But it began to be observed that whenever this affectionate father came home, the child sickened; but grew normal again when the father went away. The phenomenon was explained by a physician, who said, "If you would keep your baby well, stay away or don't smoke." Now if the limit of safety is somewhat vague for adults and decidedly lower for children, at just what day and year of his growth shall you quit your vigilance in preventing your boy from following your lordly example? Is it when he shall have arrived at college age and passed under the scientific scrutiny of a gymnasium direc-

tor? Dr. Seaver has shown us that this, at any rate, is too early to remove the parental restrictions.

### Healthful Taste as the Test of Safety

Third, though each of these drugs has a limit of safety, by what test shall you determine that you have *found* that limit? . . .

I believe there is a test, and that Mr. Fletcher has properly defined it. Of course, in a magazine so vast as our world, there may be excellent things, which do not appeal to the pristine appetite. But at least, in general, if appetite rebels against a candidate for admission, there is a strong presumption against the candidate.

If alcohol be first held in the mouth, and fondled by the tongue and palate, and vindicated not by anticipated pleasures, but by its immediate effect on the sense of taste, few, if any, would swallow it. I believe that the same thing holds true even of tea and coffee when entirely free from the palliations of sugar and cream, and submitted for the first time to a healthy organism.

At any rate, as for tobacco, who can believe that a sound boy whose blood is not already tarnished with epileptic or other morbid tendencies, inherited, perhaps, from intemperate parents, would cling to his first cigar, except for the pride of display, or that he would return to it, after the first revulsion and retching, but to show his grit? Nor can I stomach the notion that an organism which has finally bowed to the yoke and begun to "tolerate" so hostile a force, is

either as clean or as securely protected as one which is still free to recognize an enemy when it sees it. I can not doubt that Mr. Fletcher is entirely right when he repudiates any hunger which has not its residence in the mouth. The hunger of the blood is illusory. The nerves which visit the interior of our bodies do their duty when they register fatigues. It is their office to express hunger for rest, not hunger for food. Hunger for food is the business of the mouth. But too many of us have learned to be hungry with our blood, have allowed tiredness to get into the habit of masquerading as hunger, and then taught our palates to make way and let some filthy visitant rush in to the embrace of the blood without first giving the counter-sign of a sweet taste.

### **The Allurements of Unearned Pleasure**

This brings us to the non-utilitarian argument in favor of drugs—the pleasure they give. . . . Putting aside the suspicion that the pleasure of them must altogether vanish when they are taken in quantities so minute as Dr. Abel, for instance, allows in the case of alcohol—putting this suspicion aside and, for the sake of argument, assuming that they are capable of yielding up their pleasures long before they begin to exercise their pharmacological influences—we find one other sinister influence to be reckoned with; an influence arising out of the very nature of pleasures in question. Consider for a moment the nature of those pleasures: Wine affords relaxation after a nervous day in the office; brandy is found comfortable after a cool ride; tobacco is soothing after an excessive meal; strong coffee rouses after poor sleep. It will be noticed that everyone of these pleasures is a substitute for something genuine which nature originally intended. For instance, for the inspiration after a poor sleep, nature intended the delight of coming out of a good sleep, earned by a whole scheme of life which is hygienically sound; for the soothing after an excessive meal, she intended good digestion earned by a moderate meal; for solid comfort after a cold drive, a blanket, a crackling hearth-fire, and a companionable wife.

The sinister fact about the drugs is that they give these delights unearned and out of their due sequence. When a

man is tired and nothing but sleep will do, these persuade him that he is fresh and vivacious; when he ought to be lively, they allure him to take his narcotic ease. In other words, they encourage us to sleep when we should wake, to wake when we should sleep, to work when we should play, and to play when we should rest; and (to complete the ritualistic formula) "there is no health in us."

That men sometimes *must* work when they should play and play when they should rest, is indeed actually advanced as a justification for drugs. It is a justification which I can more easily concede to the factory hand who finds in outright drunkenness his only substitute for the pristine pleasures of his nature, after his morbid employment has turned his physiological rotation topsy-turvy—more easily to him can I concede this justification than to his employer, who has both cash enough and wit enough to order his life differently. Really, the eligible remedy is not to cure one evil with another. For a thwarted rhythm of life the only remedy eligible to a proud nation is to start fresh and readjust the rhythm.—From *"Making Life Worth While."*

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## **The Cigaret and Youthful Development**

BY SYLVANUS STALL, D. D.

THE cigaret is small and looks harmless, and therefore presents to boys one of the most dangerous and destructive forms of temptation. It may be possible that some few men who have passed their thirtieth birthday, whose bodies are fully matured, and whose physical and mental habit is naturally sluggish and heavy, may smoke tobacco in moderation without seeming injurious effects; but it is absolutely certain that no growing boy can use tobacco in any form without positive, immediate and permanent injury.

The use of tobacco seriously affects the powers of the brain, the health of every organ of the body, and especially the healthy and vigorous growth of the reproductive system.—From *What a Young Boy Ought to Know*.



## The College Man and the Smoking Question

BY HENRY CHURCHILL KING, D. D.

President of Oberlin College

**I** MAY briefly suggest the considerations that weigh with me in favoring a rule against the use of tobacco in my own Alma Mater. I regard the college student as belonging to a peculiarly privileged class. The community is relieving him from productive work for a time to give him the great privilege of a higher education, that may enlarge and enrich his own life, and fit him for somewhat exceptional later service to his generation. Large resources have been devoted to this purpose, and *every* student is a beneficiary. So peculiarly privileged an individual seems to be especially bound not to load himself with needless handicaps. He ought to be in dead earnest to get the utmost out of his college years. It does not seem to me he can honorably do less. Is there any doubt that the tobacco habit hinders that result? And ought not the college itself to do something to prevent that handicap?

### Smoking and College Aims

First of all, I understand it to be the practically unanimous judgment of medical authorities that the use of tobacco is injurious to growing youth. Whatever may be true for the fully mature man, during the period of growth—probably not entirely ended before 25—any use of tobacco is harmful, and the excessive use, to which the young are doubly liable, is detrimental. Even if the individual is later to form the habit of smoking, it is a great physical gain to have abstained from the use of tobacco during his growing college years.

The statistics concerning the relation of smoking to athletics and scholarship in college all tend to confirm the physically injurious effects of the use of tobacco. Whether one regards the poorer average scholarship of tobacco-users as directly due to the effects of tobacco on the mental powers, or chooses to say that it is the intellectually inferior men who are likely to smoke, the admitted connection between tobacco-using and poorer scholarship offers the college smoker an uncomfortable dilemma. Study is supposed to be the chief business of the student. Has he the right to damage his chief business?

And ought the college think it a matter of indifference that he should do so?

### Inviting Slump

But a still more important consideration remains. A habit of smoking is not in itself a sin, but it may easily become a moral hazard for a given man. It is a serious moral matter that a man should consent steadily to fall below his admitted best at any point. Most smoking students probably know that they would be distinctly better off if they stopped smoking. That vision of their own is a thing with which to be most earnestly reckoned. The unity of our moral life is always asserting itself. One cannot slump to one point, and not invite a kind of moral slump all along the line. On the other hand, it is amazing what new moral vigor is brought into all our moral life by utter truth to our best vision at any point. One is not to exaggerate trifles, or take an ascetic view of life. But to be able to count on the normality and accuracy of the responses of our nervous system—decidedly involved in the use of tobacco—is a matter of some moment. And to see a clearly better way of life and steadily refuse to take it, is at the least to run a serious moral risk, and pretty certainly to sentence oneself to an inferior grade of living. Has the privileged college man, with his large future opportunity of leadership, a right so to jeopardize his best?

Much more might be said; but these considerations, taken together, seem to me to make it so desirable that the college student should not be a smoker, that I believe the college may well help him by forbidding the use of tobacco. It is a proper part of that sterner discipline which leaders, in process of training, ought gladly to take on. I expect the world to be increasingly disgusted with the college loafer, and more and more to demand that the college man prove himself worthy of his opportunities, and willing to lay aside for his college race "every weight." The use of tobacco seems to be indubitably such a weight for the student, and since we "mean business" at Oberlin in our college work and life, we ask our students to strip off this weight.—*No. Am. Student*, April, 1915.

## The Rights of the Non-Smoker

BY TWYMAN O. ABBOTT

THE writer is not a tobacco prohibitionist, nor even a tobacco restrictionist, so far as the smoker himself is concerned. . . . I desire no quarrel with the smoker concerning the evil effects of tobacco, either supposed or real, to the user. But I do most earnestly appeal to him as a reasonable and fair-minded person concerning the evils of *public* smoking.

There is a very large contingent in the community who do not use tobacco, and to whom it is not only noxious but detrimental to health; and the question as to what may properly be done for their protection without infringing upon the rights of the smoker is a most serious one. . . .

Public signs and private requests to smokers are almost universally ignored . . . or deliberately defied by men whose appearance indicates good breeding and intelligence. The very fact that these signs are posted should be proof to every fair-minded smoker that there is a considerable element in the community to whom his habits are offensive or harmful, and that some limitation upon the enjoyment of his pleasure is regarded as not only desirable but necessary.

As the situation now stands, there are few, if any, places where the non-smoker can go and breathe air uncontaminated by tobacco. He may select his seat in a restaurant with the greatest care to avoid the smoker, but almost invariably one will soon be seated at an adjoining table. If he is a traveler and wishes to use the public writing room, no sooner has he seated himself at the desk than some other traveler seats himself opposite and begins blowing clouds of foul air into his face. . . .

One of the most trying places to encounter the smoker is in the sleeping-car. If there is any one place where fresh, uncontaminated air is more needed than another it is in a sleeping car. The facilities afforded and assigned for the exclusive use of the smoker are ample for his comfort and enjoyment, but somehow there is no spot in the train that he and his smoke do not penetrate. He is everywhere—in the berths, dressing-

rooms, platforms, observation ends, and is constantly passing and repassing through the aisles carrying burning tobacco in his mouth or between his fingers, and leaving a trail of sickening, dying, or dead odors, nauseating to the car-sick and headache-giving to the nervous.

The average smoker who lives in a tobacco atmosphere does not realize and can not comprehend the discomforts which others suffer in such an atmosphere, and he very often resents any suggestion on their part which is intended as a limitation upon his pleasures.

In all fairness, is it not reasonable to demand that some limitation be placed upon the indulgence of this habit? As a reasonable man, the smoker himself should not object to proper limitations.

In many ways the public is more concerned in the use of tobacco than in the use of intoxicating liquors. The actual use of intoxicating liquors—I mean the mere act of drinking—is not generally offensive to the health and comfort of the public, however harmful it may be to the individual or to those dependent upon him, and its future effects upon the good order and peace of the community. Not so with the *act* of public smoking. Tobacco fumes are intense and persistent, and permeate and penetrate far beyond the limits of the person who is responsible for them. The odor from a strong pipe or from a cigaret will maintain itself in the air under usual atmospheric conditions at about the same elevation for a considerable period. And a smoker walking along the highway will often leave a nauseating trail of nicotine behind him for several hundred feet—so far, in fact, that the smoker himself may be entirely lost to view. . . .

That public tobacco smoking is such a menace to the health and comfort of the community that it may be regulated by law there is no doubt. The general rule is well settled that the states, in the exercise of their police powers, may enforce reasonable restrictions upon the use and enjoyment of all kinds of private property by the owner, so that he shall not endanger the comfort, health, convenience, and good order of the public generally—*The Outlook*.



### The Tobacco Compulsion

TWO ladies were spending a day upon Lake George. Their chairs had been placed upon the deck with regard to the rights of others, and they had occupied them for some hours when another traveler took the chair at one side and a little behind them. He serenely lighted his cigar, the wind was blowing from his direction; the cigar smoke was blown directly into the faces of the ladies. It was not a pleasant alternative which he forced upon them. Either they had to leave the location to which it would seem they had a prior right, or they had to remind this stranger of the discourtesy he was showing. The latter alternative was chosen, a few words of courteous protest were said, which were met by an astonished stare from the smoking traveler, who, without a word of apology, got up and walked off, somehow leaving behind him the impression that *his* rights as a traveler had been infringed.

A YOUNG college professor who has no deep-rooted prejudices against smoking, but for personal reasons does not do so regularly, finds himself compelled to smoke if he is to enjoy the intercourse and companionship of some of his confrères at a meeting of a club for intellectual study. If he does not smoke in self-defense, he pays the penalty in a headache next day from smoke-poisoning by his friends or guests.

A NON-SMOKING Grand Army veteran is compelled to stay away from post meetings because of the disagreeable effects of the smoke, which give him a sleepless night.

A SISTER living with two brothers, is compelled to seem unsocial in leaving the family circle and remaining in her own room in her few leisure hours because she cannot breathe the smoke-laden air, and any protest, however courteous, is regarded as crankiness, so she quietly absents herself and bears reproach of lack of sociability.

A MEMBER of the board of trade, chided by his fellow-members for infrequent attendance at meetings, is forced to tell them frankly that he does not come often because of the tobacco smoke he is compelled to endure when he does attend.

A DEMONSTRATOR at a hygiene (!) ex-

hibit is compelled to face twelve hours a day smoking crowds of men, whose cigars send their smoke straight into face and throat, and to take some weeks of medical treatment for the throat as a result. Another demonstrator becomes ill and is compelled to give up work at the exhibit because of this constant exposure to tobacco fumes.

A PHYSICIAN relates that he knows of several fellow practitioners who seldom attend the county meetings of the medical society because of the cigar smoke they are compelled to endure.

IN most of these actual instances, the non-smoker makes no protest, files no objection. He simply stays away from what he would otherwise enjoy, and, as a rule, says nothing, unless pressed to give his reason, because objection to smoking is regarded as fanatical. The smoker thus often puts a compulsion upon his friends of which he does not dream, and deprives both himself and them of companionship which would be both agreeable and profitable.

\*

ON ALL sides the attitude seems to be, "What right has anyone to object to my smoking!" The matter is really on just the *opposite* basis, "What right has anyone to smoke when other people object to it?"

If a man *must* get drunk, we say he shall get drunk where he is a nuisance only to himself and to others of the same mind. If a man feels the need of interlarding his conversation with obscenity and grossness, we say he may not compel us to listen to him. But a smoker may with impunity pollute the air, offend the nostrils, and generally make himself a nuisance to everybody in his vicinity who does not practice his particular vice. Is this not a kind of moral obtuseness? Change your mental attitude and consider.—Chas B. Towns, *The Century*, March, 1912.

\*

DO NOT drop lighted matches, cigars, cigarette or live pipe ashes where they may set fire to inflammable material.

DO NOT throw burning matches, cigars, or cigarettes from the cars. They may start forest fires.

DO NOT leave your camp fire until you are sure it is out.—Boston & Maine R. R. Time Table.

## Correspondence

### BREAKING THE CIGARET HABIT

Is there any way in which I can break up cigaret habit formed some years ago?

M. L. B.

DR. W. A. EVANS, of Chicago, writing in the *Boston Herald* health column, gives the following reply to an inquiry for the method of breaking up the cigaret habit, used in the Chicago anti-cigaret campaign:

*Mouth Wash*—Six ounces of silver nitrate solution,  $\frac{1}{2}$  to  $\frac{1}{4}$  of 1 per cent. Use as mouth wash after each meal not to exceed three days, then after breakfast only for not more than four days. Do not swallow any of the solution. (Cost does not exceed 25 cents.)

Chew a little gentian root (not the powder) whenever the desire for smoking appears. Gentian root is slightly tonic and an aid to digestion. It may be used for several weeks without injury.

*Diet*—The diet for first two weeks consists exclusively of fruits, well-baked cereal foods and milk. Whole wheat or rye bread, etc., may be used. The moderate use of nuts, well masticated, is of value. At the close of each meal, use fresh sub-acid fruits, such as peaches, pears, apples, pineapples, etc. Sweet milk, buttermilk, malted milk or cereal coffee may be used in place of coffee, tea or cocoa.

While irritating and stimulating foods and drinks intensify the craving for narcotics, a grain-milk-fruit diet lessens it. In some special cases an entire milk diet for a few days may be beneficial, especially if there exists an irritable stomach bordering on ulceration, with an excess of hydrochloric acid. Where the digestion is slow and there is a deficiency or absence of free hydrochloric acid, a diet composed entirely of fresh fruits for a day or two preceding the grain-milk-fruit diet may be of benefit.

Eliminative *baths*, preferably the Turkish bath, will assist in getting rid of the rapidly stored-up nicotine. As a rule, it takes from three to six weeks to eliminate entirely the desire for tobacco. The time required depends upon how closely the directions are followed.

See also Kress (Book Reviews.)

### GOVERNMENT REQUIREMENTS FOR ITS STUDENTS

IN the United States Military Academy, at West Point, cadets are not allowed to smoke cigarets. At the Naval Academy, at Annapolis, midshipmen are not allowed to use tobacco in any form at any time or place except that those in the senior class are permitted to smoke in a designated room during certain hours. They are forbidden to bring or to have brought "within the academic limits" or on board ship any tobacco, or to have tobacco in their possession while they are members of the Academy. To enter either institution a young man must pass a rigid physical and mental examination. If a candidate does not come up to the standard, he is automatically rejected. Impaired vision or defective heart or lungs would be a condition "sufficient to cause rejection."

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### ATHLETES HANDICAPPED BY TOBACCO

EVERY athlete knows that tobacco hurts the wind; that is, that it injures the ability of the heart to respond quickly to extra work. It also affects the precision of eye and hand. A great billiard-player who does not smoke once assured me that he felt sure of winning when his opponent was a smoker. A tennis player began to smoke at the age of twenty-one, and found that men whom he had before beaten with ease could now beat him. Sharpshooters and riflemen know that their shooting is more accurate when they do not smoke.—Chas. B. Towns, *The Century*, March, 1912.

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### CIGARS MAY TRANSMIT DISEASE GERMS

THE New York department of health made some tests recently, according to *Physical Training*, February, 1915, which revealed the fact that disease germs can remain viable on tobacco for some days, and that disease could thus be transmitted from the mouth of the infected workman to the healthy smoker. The coverings of cigars were loosened and sterile swabs which had been moistened with saliva and the twenty-four-hour broth culture of the above organism were rubbed gently over the under side of the leaves, which were then tightly rolled around the cigars. Papers were inoculated in the same way as the tobacco leaves,



and these served as controls. Cultures were made from the cigars and the papers twenty-four hours, three days and five days after inoculation. The results showed that on the whole the germs multiplied freely on the cigars as on the papers. The tobacco apparently did not act as a germicide as some believe.

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### DRUGS AS A DIRECT CAUSE OF DEATH

STATISTICS furnished by the Registrar-General of England and Wales for the year 1912 show that among the 1,141 deaths due to accidental causes, suicide and drug addiction, the various drugs were responsible as follows:

Opium, laudanum and morphia . . . . .	109
Veronal . . . . .	16
Chlorodyne . . . . .	6
Cocaine . . . . .	3
Sulphonal . . . . .	6
Chloral . . . . .	4
Paraldehyde . . . . .	2
Trional . . . . .	3
Nicotine . . . . .	2
Acetanilid . . . . .	1
Unspecified narcotics . . . . .	3

\*

### THE GOVERNMENT AGAINST THE DRUG HABIT

TO PROTECT the public against itself in drug using, a new federal law went into effect March 1, 1915. The law relates "to the production, importation, manufacture, compounding, sale, dispensing or giving away of opium or coca leaves, their salts, derivatives, or preparations." It is thus aimed at the repression and suppression of the traffic in opium and cocaine.

All dealers in drugs, manufacturers, wholesalers, jobbers, retailers, physicians, dentists and veterinarians must register with the Collector of Internal Revenue.

Records must be kept of purchases and sales of these drugs, and these records must be open for inspection by the proper officers for the enforcement of any municipal, state or national law.

Physicians who furnish their own medicine are required to register and to report sales of morphine and cocaine. Prescriptions for these drugs must be signed fully and dated and copies of such prescriptions must be kept for two years. The prescriptions can not be refilled.

The law aims at preserving a record by which sales of these drugs can be

traced at every step to the consumer in the hope of breaking up much of the secret and self-administered use of them.

The first shutting down of supplies of the drug brought from the cities an astounding proof that tens of thousands of people have been addicted to the drug habit, and that, cut off from their supplies, armies of them are in a condition of most awful despair and wretchedness.

\*

### THE EXTENT OF THE PATENT MEDICINE HABIT

THE sociological study by the President's Homes Commission of 1,217 families in the city of Washington showed that they expended \$2,032.39 annually for patent or proprietary medicines. The annual expenditure in the United States has been estimated to be not less than \$62,000,000. The report contained a list of 120 such compounds, which were the so-called "bracers," which contained enough alcohol to be considered intoxicants. There was also a list of thirty-eight medicinal preparations, containing habit-forming drugs other than alcohol, such as opium, morphine, cocaine, chloral, cannabis, indica, and heroin—among them a number of "teething and soothing syrups."

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### DEATH KEEPS DOWN THE NUMBER OF DRUG VICTIMS

WITH the exploiting and advertising of medicines containing habit-forming agents it is only surprising that the number of cases of drug addiction is not larger. The reasons for this probably are, first, that the average individual is horrified to think of becoming a drug addict; second, the secret of many of the habitues dies with them; and, third, the most common cases, that is, those using morphine, cocaine and opium are short-lived, most of them dying within ten years after contracting the habit.—L. F. Kebler in *Habit-Forming Agents*.

\*

### THE COST VALUE OF OPIUM IMPORTED

IN the year ending June 30, 1913, the last for which the reports are yet available, 492,500 pounds of opium and its derivatives were imported into the United States, having a stated value of \$2,690,497. Reliable estimates place the needs of the American people for opium at 100,000 pounds a year at most.

## SOME OF THE OBVIOUS RESULTS

IN nine years in Washington, D. C., 256 persons were treated in the hospitals for the opium habit, sixty-one for the cocaine habit. Seven died from the opium habit, thirty-six died from accidental or negligent opium poisoning, and thirty-six committed suicide with opium or its preparations.

## NEW YORK'S NEW DRUG LAW

BY THE terms of the Boylan law, which went into effect in New York, July 1, 1914, all drug dealers, physicians, dentists and veterinarians must use official order blanks in purchasing opium, morphine, heroin, codeine or other opiates, and must keep a record of purchases or sales.

## The Library Table

**THE TOBACCO HABIT.** By Bruce Fink, Ph.D. Published by Miami University, Oxford, Ohio., 80 pp.

This compilation of facts on the practical aspects of tobacco-using was undertaken in the author's search for definite information as to how the tobacco habit might possibly affect the health and scholarship of students. The results indicate, the author is convinced, that "the conditions existing in colleges and universities show either great ignorance of the effects of the habit, or inexcusable carelessness regarding the issues at stake; but the most deplorable results occur when boys of high school age begin to use tobacco. For the conditions found among boys and young men, older men, many of them teachers in public schools and colleges, are largely responsible in one way or another."

The book shows how scholarship in the grades, the high school and colleges is affected by the tobacco habit, the inter-relation of cigaret smoking and delinquency, the ban of business upon it, the national cost, its relation to other drug habits. There is a valuable bibliography.

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**THE CASE AGAINST THE LITTLE WHITE SLAVER.** By Henry Ford, Detroit, Mich., 56 pp., 5 cents.

Mr. Ford, as a practical business man, manufacturer of the Ford automobile, has said here everything that others have said against the cigaret, especially as regards its use by boys, and gives it some new blows on his own account. Not the least interesting feature is a collection of statements by boys themselves as to why they do not smoke or have stopped the habit. Mr. Ford's aim is to appeal by the hard facts of truth to the American "boy who wants to play fair with himself." Statements as to the dangers in cigarets from such sources as Thomas A. Edison, the Cadillac Motor Car Company, the Borroughs Adding Machine Company, from physicians and teachers, make the book of special value, as they add to the volume of previous evidence.

Of recent years, there has been a disposition to regard cigaret smoking as a symptom rather than a cause of delinquency. Probably, in the case of boys actually sub-normal nerv-

ously and mentally, the cigaret may accentuate their tendencies for delinquency, but Mr. Ford quotes a considerable number of cases in which, when the cigaret habit was broken up, the boy "came back" physically, mentally and morally, showing that the cigaret habit was largely responsible for the previous delinquency.

\*

**OUR TOBACCO BILL.** By Henry W. Farnam, Professor of Economics, Yale University. Reprint from *The Unpopular Review*, January, 1914., 20 pp.

While Professor Fink attacks the cigaret problem primarily from the scholarship aspect of the question, and Mr. Ford from the industrial side, Professor Farnam makes a cool, non-argumentative but telling computation of the cost of the tobacco habit to the people of the United States, a total of something more than \$1,200,000,000 a year, about three times the cost of the entire school system of the country, or three times the entire cost of the Panama Canal.

Fire losses of property and life are obviously incalculable, but Fire Chief Johnson, of New York City, is quoted as estimating that from 15 to 20 per cent of our fires are caused by the careless throwing away of lighted matches, cigars and cigarets.

A loss of from \$45,000,000 to \$90,000,000 in fires is estimated by Professor Farnam as probably due to careless smokers. Another expense appears in the smoking cars which all trains must provide whether traffic is heavy or light. The Pullman traveler gets two seats for one ticket.

Without attempting to give the exact profit and loss, Professor Farnam draws up a social balance sheet of tobacco, given elsewhere in the columns of the JOURNAL.

\*

**SHALL I SMOKE?** By Rev. H. A. Hersey, Temp. Dept., Universalist General S. S. Assn. 4 pp., 25 cents per 100. Caribou, Maine.

This leaflet, the substance of which appears elsewhere in the columns of the Journal, contains practical and suggestive questions for discussion of the many phases of the tobacco question with pupils. Recommendations of literature and exercises are included.



# Announcement Extraordinary!

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By WILLIAM E. JOHNSON

Editor of the New Republic, and former Chief Special Officer United States Indian Service

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Temperance Revolution the World  
Has Ever Seen.    ∴    ∴    ∴    ∴

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# Scientific Temperance Journal

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No. 9

## The Effects of Prohibition Upon National Economics

BY PROF. HARALD WESTERGAARD, UNIVERSITY OF COPENHAGEN\*

**T**HE question before us is one of the greatest importance. What would be the effect upon public economics if through prohibition the expenditures for alcoholic drinks were entirely eliminated from private incomes?

There is often a tendency to over-estimate the amount of this expenditure. Even in a country like Denmark with a large consumption of alcohol it is a question that touches only a small percentage of the national income. In and by itself, of course, the sum is not small. But when one reckons up all that is needed to maintain himself and his family, he usually finds not very much left from his income for free disposition. The way this sum is spent stamps his mental and social life, and of this small surplus alcoholic drink frequently demands a disproportionate part. It is well to call this fact to mind in considering the economic effects of a prohibition law.

The value of substance we are here considering amounts to very little in proportion to what it costs. Even if from one to two per cent of the Danish hand laborers and industrial workers are engaged in the production of these drinks, or even if one per cent of the products of the soil of Denmark is used for this production, yet, according to the findings of the Danish Temperance Commission published a few years ago, not less than 23 per cent of all cases of death in adult men have a close connection with the use of alcohol.

### The Saving in Lives

It is here that the economic effects of prohibition would be first shown. In a very short time such a law would abolish the cause of a large number of deaths. We can express this fact more definitely by saying that it would lengthen the life of the average man of twenty to 49.3 years instead of 45.4; that is, it would give him about four years longer to live.

\*Internationale Monatsschrift zur Erforschung des Alcoholism, Jan.-Feb., 1915.

We hear a good deal about the burden of military service, but many men voluntarily place themselves under a master which takes away more of their working power than is demanded for the protection of the state. And the four years of military service do not lower the total working power as alcohol does. The premature death of the drinker is preceded by many years of flabbiness and weakness during which working ability becomes less and less.

### Prohibition Would Increase Productivity

Kraepelin's famous investigations show that even small amounts of alcohol sensibly lowered working ability. We have, besides, reports of investigations made in factories where the output of individual workers can be traced, or where the results of a man's work on Monday can be compared with that of the following days of the week. The difference is frequently striking.

A still further factor in the influence of alcohol is its effect upon the next generation. Some distrust has been shown toward the investigations of the Finnish physician, Laitinen, whose results showed that new-born children were considerably lighter in weight when their parents were drinkers than when they were abstinent.

These results, however, appear to be completely reliable; they show an internal agreement that speaks for their credibility. If they are correct, then a child shows on his entrance into life, the advantages of prohibition. Laitinen's conclusions are not the only ones that have been questioned. It takes a long time for people generally to be convinced that alcoholism plays a large part in the mortality statistics. This is not saying that the figures would everywhere be the same. A country with as large an alcohol consumption as Denmark would derive a much greater advantage from a prohibition law than a country like

Sweden, where the use of strong drink has greatly diminished, where, as one may say, a part of the profits to be expected from a prohibition law have been already collected. There is no doubt, however, that the passage of a prohibitory law in any country would have an equivalent effect in increasing the productive power of the people.

### **Economic Readjustments Involved Not Serious**

The question may be raised whether such a law would not for a time make many victims. Is it not conceivable that society will be thrown out of adjustment in such a way that the new condition would be worse than the old.

It is sometimes urged, for instance, that the prohibition of alcoholic drinks has a disturbing effect upon agriculture, since in many countries there is a close connection between agriculture and spirit production. This is not, however, the case in regions where agriculture has reached its highest development. Modern chemistry certainly has at command enough reliable ways of effecting a rational interchange with the soil without the necessity of using the distilling business any longer as an intermediate step.

### **Taxes Would Be Redistributed More Fairly**

It is said that the state and the community can not dispense with the revenue derived from the taxes on alcohol. This objection is very easily answered.

In the first place, this revenue is by no means clear profit, for considerable outlays are involved in it. Prohibition would not make the earth a paradise. It would not empty the prison, poor-house and insane asylum, but many of their inmates would certainly not be there if alcohol were not to be had. It is, of course, difficult to determine how large these expenses are, but they have proved to be very large.

It must not be forgotten, moreover, that this revenue, like all national and community taxes, depends ultimately upon the labor of the people. This labor furnishes the means for the general public expenditures. The question here is one of the mal-adjustment of values. If no revenue were derived from alcoholic drinks, higher revenues could be obtained from other sources,

and it would be no more difficult for the people to pay the tax. We must not, of course, overlook the fact that these taxes would be differently distributed. The alcohol tax is paid by those who use alcoholic drinks. Under prohibition all would be contributors to the substitute taxes, abstainers and non-abstainers. That is the price which abstainers would have to pay for this reform.

### **The Readjustment of Labor**

The question may also be asked whether, from an economic standpoint, there would not be a great disadvantage if the men who make their living by the production and sale of alcoholic drinks had to lose their places.

The answer to this question should be clear, I think, to most persons. It is only necessary to take a glance at the present conditions. Take first the situation in Denmark.

According to the report of Danish industries for the year 1906, about 6,500 persons were engaged in the brewing and distilling industries. Of these, three-fourths were men. This number amounts to about 2 per cent of the total working force engaged in labor and industry. But of the 5,600 persons having to do with the production of beer, a large part, say a half, were engaged in the untaxed beer industry. That leaves about 4,000 men who would be thrown out of work by prohibition. It would not be long, however, before a majority of these men, say a half, would have found places in other industries, for in every society new industries are constantly springing up. The purchasing power of a people would not therefore be diminished by prohibition; people would begin to look around for other commodities, and a part of the unemployed labor would be taken up in the production of those new articles of trade.

But even if these people should remain a number of years out of work, society could well afford to maintain them temporarily, or pension them to a certain extent. The number of these indemnified persons would decrease as they found their way into other industries, or, as in the natural course of things, they died off.

If one asks how much these 6,500 men produce, the answer is that about one million hectoliters of tax-paying beer are



produced, and about one and one-half millions of untaxed beer, while the total product of distilled liquids, denatured spirits included, would amount to about 15,000,000 liters. The value of these drinks, reckoned at the retail prices, amounts to about 30,000,000 kroners (\$8,400,000) for taxable beer; about half as much for untaxed, and 12,000,000 kroners for the spirits.

### **Cereals Could Be Easily Used Elsewhere**

The value of the cereals employed in the production of the spirits, (barley, corn, etc.), would run up to about 6,000,000 kroners (\$1,620,000). The value of the material used in the production of beer I would estimate at from 2 to 2½ millions for the taxable, something less for the untaxed beer.

The raw material, with some exceptions, could be employed in other ways, so this sum need not concern us here.

### **Liquor Industry Investments**

There is, further, a series of expenses that would disappear with the establishment of prohibition.

The value of the investment in brewing and distilling plants is difficult to estimate. It might probably be placed at about 30,000,000 kroners for the breweries, and about as much for the distilleries. It could be said that these plants would still retain a good part of their value and could be turned to other purposes. Even if the buildings had to be torn down and the machinery sold for old iron, the foundations and the ground would still retain their value.

At the worst, even if the owners had to be indemnified, the outlay would not amount to one-half per cent of the Danish national wealth.

We have still to consider the large number of men employed in the hotels, restaurants, and drinking places. These number in all at least 13,000. For the greater part of these people society would still have employment. Prohibition would not interrupt commercial traveling, and many persons are accustomed to taking their meals in public restaurants. The number of persons who would be obliged to tour to other employments would be small.

### **Prohibition an Economic Gain**

From all this it will be seen that a country like Denmark, even if it had to pay full indemnity at an annual expense

of a few million kroners at the most, would obtain considerable increase in its productive power. Every working year would be productive and every young man starting in life would have four more working years before him.

One can quickly become convinced, therefore, that the exchange would be a gain, that the benefits would far outweigh the cost.

Anyone who wishes to verify the figures which I have cited, although they may not be exact, will without doubt see that the economic disturbance society would suffer as a result of prohibition would be very small. Some men would have to be helped. Some capital would be released, but, on the whole, public economics would continue in the same regular channels, the disturbance would not be greater than that produced by throwing a large stone in a strong current of water. In the next instant the stream would flow over it as if the stone had lain there for a hundred years.

### **Would the Workingman Gain by Increased Production?**

Still another question must be made clear. A prohibition law would bring to the people a very important increase of strength, much more productive work could be accomplished. But how would this production be distributed? Would the masses of the people win or lose by it? Here we meet one of the most important questions of national economics.

As a result of this increased productive power, we should be confronted with a condition similar to that which arose in all industry and agriculture when the system of day wages was changed to job work. We all know that much more is accomplished by the contract system, that the production results of labor are much larger than by the day work system. And yet many people hold that the contract system has great disadvantages, that it must lead to a lowering of wages and to throwing a large number of men out of work because the individual laborer produces more than before.

This pessimistic view cannot be maintained. The change will lead only to another adjustment between labor and capital. The increased production will make available a larger working force, society will thereby become enriched, and if one of the factors of production

increases, larger economic value will be established. This will lead to a relatively larger part to be played by hand work, but little by little new capital will be available that will come into relation with the human working power.

### **The Workingman to Benefit by the Change**

Another question yet to be answered is, whom will the change benefit in these times when the price of wages is determined by free competition, when, as they say, two workmen seek one employer or two employers seek one workman?

There are great trades unions which, with constant protective exertion and struggle, determine the wage conditions. For this reason the modern workman has nothing further to fear from the contract system which is already in operation in many places, with the co-operation of large labor organizations. The question who will derive the advantage from the increased production can be answered from the history of earlier developments. Many changes have taken place in our restless earth during the last generation, but if one looks closely into this history of capital he wonders that it has been so uniform, with fluctuations, of course, as one would expect, considering the enormous technical progress. But it is safe to say that on the whole the working class has derived the greater advantage from the increased production. Capital has had its share, but wages have greatly increased.

One must avoid playing the prophet, but I hold it to be highly probable that the increase of production that we shall experience from the abolition of alcoholic drinks will have a similar effect. The working classes, the great masses of the people, will derive the most benefit from the increase in productive power. The purchasing power of the wage earners will increase.

If the purchasing power of the workman increases when the consumption of alcoholic drinks is abolished, two things will be possible. Either the workman will demand other commodities, better clothes, better food, and, what is of enormous importance to our civilization, better houses—scarcely anything would contribute so much to progress as a change from two to three room dwellings—or, if a workman has something

to spare, he will, as his budget allows, take part in the operation of capital.

It is an error to think that this would make a further increase in wages more difficult. On the contrary, power of resistance would be gained by the workman for the wage struggle and it would become easier for him to win the victory. In both cases, therefore, the expected working of a prohibition law would lead to progress.

### **Abolition of Alcohol Offers a Chance for Progress**

It seems to me that with an unprejudiced national economic trial of the question would come a decision in favor of prohibition.

On the basis of national economy it would be difficult to avoid the conclusion that it is to be looked upon as a source of important economic progress; to the development of this progress all other efforts would be turned which have lately been directed against alcoholic drinks.

The struggle between the classes is fierce today. The contract system necessitates ever increasing exertion in order to keep pace with the world's markets and to hold a place once won. Every gain in productive power in a people will give them an advantage in international competition. It is possible that even hitherto unknown sources of help will be found in nature, that stores of minerals now hidden in the earth await the lucky hand of the discoverer. Not every country, of course, can expect such stores. But, in any case, the battle against alcohol offers to all peoples a stepping-stone to progress, and that nation which is the first in this respect will have an economic advantage over the others.

Naturally, the effects of prohibition must not be over-estimated. It will not, as has been said, make the earth a paradise. Men will always love and hate, envy and slander, even when their wishes and tendencies reach highest aims. But the people that push to the end the struggle against alcoholic drinks will gain thereby, in all cases, farther-reaching economic possibilities. And if it is the lot of the Scandinavian brother-races to win a victory in this matter, they will contribute much to the progress of mankind.—Translated for the SCIENTIFIC TEMPERANCE JOURNAL.



# Immigration and the American Alcohol Question

## Alcoholic Drink and the Immigrant

BY REV. C. L. MCKEE, WASHINGTON, PA.

Representative American S. S. Union

WHILE there is at this time a sharp falling off in immigration on account of the European war, many intelligent observers of conditions in Europe and America predict that after the war immigration to this country from Europe will be greater than ever. However this may be, it is certain that we still have an immigrant problem on our hands that should call forth the exercise of our best ideals and efforts of citizenship.

Here in the mill and coal-mining region of Western Pennsylvania we have enough of this problem to engage our best efforts.

Allegheny county, containing Pittsburgh and many of the big steel mills in and surrounding it, has 60 per cent foreign population.

It will be a surprise to many that the rural counties of Westmoreland, Fayette and Washington have practically 50 per cent of foreigners, and the whole state of Pennsylvania has 42 per cent of foreigners and their children. This is because these one time rich agricultural counties now have become great sources of coal supply.

These foreigners come from all parts of Europe, but for the most part from Eastern and Southeastern Europe.

They are mostly a sturdy stock, capable of much hard physical endurance on very coarse diet, and compelled by hard necessity to put up with very plain and often unsanitary lodgings. Their two great fundamental needs are *friends* to protect them against the evils which they find in the usual mine and mill camp, and to assist them in meeting the new conditions here, and the other is the *spiritual uplift* to be gained from the open Bible and the living Christ.

In this country, these new-comers are too often sadly neglected by the church and others who could be helpful and are the prey of the most unscrupulous and most hurtful people.

There are many evils that beset them,

but none is greater and more destroying than the evil of alcoholic drink.

After a recent "survey" of a part of this region, the Presbyterian Board of Home Missions very aptly said: "The liquor traffic is the single and most disastrous foe to the recent immigrant and industrial life of the coal and coke region. It is working ravages among these peasants from Europe. It lays a tax through waste, crime and poverty upon the whole community and works disaster in developing the civic life."

### Amazing Amounts Consumed

The amount of alcoholic liquor that is consumed by these people is amazing. Recently at license court, a superintendent of one of our mines testified that there is shipped to his camp of less than 2,500 souls a carload of liquor a day.

We have credible information that a saloon located in the mining town of about 700 souls sells \$1,000 worth of liquor a week at a profit of 190 per cent. Although there are miners' residences in goodly number outside the borough where this license is located, there are also speak-easies and clubs that dispense plenty of liquor.

A reputable witness who lives in sight of the saloon and one of the clubs testifies that the club seems to handle as much liquor as the saloon. Another mining town of 64 houses gets two carloads of liquor a week, although there are four licensed houses in the incorporated borough two miles away.

It is safe to say that any one of our numerous mining-towns in this region spends enough for liquor each year to capitalize a new national bank.

It is conservatively estimated that the 25,000 coal miners of this (Washington) county spend \$5,000,000 per year for intoxicants. This is a fearful waste to industry and to life-sustaining business, and brings distress upon the consumer and his family that is indescribable.

One day I rebuked a man who was

very much debauched. I told him he should be ashamed to drink so much when his family needed the money. He bristled up and said, "I want you to know that I work for my money. I give my family \$3.00 a pay (every two weeks) and that is enough for them."

Their miserable homes, if we may call them such, are often bare of the commonest necessities, even of chairs and table, and often the last dollar goes for drink.

### Charity Supported Families—Drinkers Supported Saloons

The past winter has been a specially hard one on these foreign miners, as business has been bad, and many of these people had to be provided for by public charity. But beer had to be provided even where there was little or no bread, and our county witnessed the unusual sight of having persons who were being fed by public charity testify to the necessity of a license in their community, also the unusual sight of seeing the court grant a license to a town where a large number of the people had been fed by provisions sent in most of the winter by the surrounding farmers.

As one-half of the whole population of this region lives under conditions very similar to these, this is a matter of no small public concern, for it is a severe tax on public and private charity, to say nothing of criminal and other expense.

A careful estimate of the cost to the county treasury of pauperism, crime and insanity shows that one dollar in every

three paid in by the taxpayers goes to take care of the distress of the liquor traffic.

A careful tabulation of the criminal cases of the county shows that 40 per cent are wholly and solely due to the liquor traffic, and about 90 per cent are caused solely or indirectly. Three-fourths of child delinquency and homicide is due to alcoholic liquor, and no one could tell the amount of child distress and degeneracy due to alcoholic home and habit.

These poor strangers from across the seas become at once the source of profit and of political power of the liquor traffic, a fruitful soil for drunkenness and for political corruption, and are thus used by scheming politicians and courts to defeat the sober, righteous citizenship, and to fasten the body of this death on our fair state.

Personally, I have used and I think with good effect, temperance tracts in their vernacular languages, and also with considerable success the slides the Scientific Temperance Federation furnishes, together with the other temperance pictures and songs. The public schools are doing a good work where they faithfully teach the children the harmfulness of drink.

But the great remedy that is too long delayed is the strong arm of the law that should be laid on the people who for avarice are cultivating in every wicked way these poor and often unsuspecting people in the use and habit of strong drink.

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## Friedsam and Whisky Hill

BY PROF. EDWARD A. STEINER, GRINNELL, IOWA

**F**RIEDSAM!" No one could be called that on Whisky Hill.

Weather-beaten wooden buildings there are, scaffolded structures, shaken by the vibration of coal-crushing machinery within. . . . Home! A gray weather-beaten hut, one of thirty, standing on the slant of the hillside surrounded by culm piles, black and forbidding. There is a street deeply sunk in mire; for there is no sewerage, and a sickening green scum has gathered in front of every house. I say there is no sewerage—there is not even a decent ditch

which might carry the foul stuff away.

The hut has three stories, the lowest one built into the hillside with windows only to the front; the rest of the rooms are damp and cold, not even fit for the storing of vegetables. . . .

There are thousands of tens of thousands of such "homes" in Pennsylvania all the way from Pittsburg to "Whisky Hill." Each one brings rich revenue to somebody and all of them reap a rich harvest of death. . . .

The battle against filth is not everywhere thoroughly prosecuted; but I chal-



lenge any American woman to do better than some of these Slovak women on Whisky Hill. . . .

Every day there are funerals on Whisky Hill, and after the funeral a feast, and after the feast a glorious spree. Whisky Hill has earned its name, although it might be called Beer Hill just as appropriately. The saloons not only outnumber the churches; they outnumber the stores, churches, undertakers, shops and culm hills combined, and a man might make a living by picking up the empty beer barrels that lie in the ravines. There are enough empty bottles lying in the runs to clog the flow of the creek in the spring when the current becomes strong enough to make its way through the ooze and slime.

Ignorance and beer are to blame, and avarice, especially avarice. For the first two, the miner is to blame, but only in part. This grievance is an inheritance, often a condition arising from the fact that he is in a strange country to whose language he is deaf and dumb. The drink, too, is an inheritance, and often also a condition arising from the circumstances under which he must live and work.

Granting, however, that he is ignorant and intemperate up here on Whisky Hill and on hundreds of other hills, no attempt is being made by anyone to dispel this ignorance. Neither his masters nor his priests are doing it. His priests, perhaps are more content than his masters,

for to the master he might be worth more if he knew more. . . . No one on Whisky Hill tries to curb intemperance by teaching the "Hunkey" the hurt of it to his bank account, to his body, to his chances of coming alive out of the mine. His priest usually drinks freely, and many a saloon license in Pennsylvania bears the signature of the priest as one of the petitioners.

Even those people who are eager to make laws to curb or prohibit the sale of liquor ignore entirely the education of a "Hunkey" although he is now and more and more will be a great factor in the political and social life of the state. . . .

That phase of the struggle which is directed against the saloon the new-comer does not understand, and as yet no one has taken pains to enlighten him. We are astonished when we find him opposing our efforts to deprive him of his liquor, but to the Slav, at least, whisky means life and strength. He would regard being deprived of meat as more reasonable than having his vodka or polenka taken from him. . . .

What we teach the immigrant by precept or by example, he will become. He will bequeath our virtues or our vices, not only to the next generation which will spring from virgin strength from his loins, but through thousands of invisible channels he will send these blessings or curses to the ends of the earth.—From *"The Immigrant Tides: Its Ebb and Flow."*

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## Temperance Work Among the Aliens

BY REV. E. P. SEYMOUR, SCRANTON, PA.

**A**LTHOUGH strictly speaking, the alien in one born abroad, or his child, some so born are keenly in sympathy with us; while many of our people of earlier generations are still alien in sympathy, and in political, social and ethical ideals.

### The Alien Situation

But today, the groups farthest away from us in life, the millions of late comers who are in deepest need, are those from South and East Europe, and from Asia, from the empires and hierarchies with which we have so little in common.

Our alien is massed in our industrial cities and boroughs, constituting from 50

to over 90 per cent of their population. There he lives in large racial groups with his own language, church, school, store, and social and industrial organizations, and only indirectly affected by the informing and assimilating influences of our American life.

These centers constitute at once the real stronghold of alcohol, lawlessness, and the industrial, political, and religious nerve centers of the land.

Even when the alien lives in smaller groups, or on farms, the same isolation usually prevails. He goes for miles to his own church, he reads his own papers, and associates with his own racial and social comrades.

The failure of our captains of industry, our statesmen, and even our average Christian to establish vital, organic relations and sympathy with the alien leave him an alien still.

It is not enough to trust public or Sunday school to train the child. Our generation is governed by the adult. This is especially true of the alien, who is head of his house.

Here is the point where our temperance propaganda and the battle for a wholesome chance for childhood, for a righteous citizenship, and for a sober nation, has broken down. For the differences in language and religion, in social and economic standards of life, have precluded the alien from sharing the glorious enthusiasm which has made great areas dry, but which has failed in these critical centers.

Though the melting-pot process proceeds apace, and many children are growing up in public schools, yet many attend parochial and national schools and most are living in foreign homes.

Thus the massing of the alien, at best is isolation, at worst in the slums, is the greatest hindrance to a truly national life, both for the child and for the voter.

Many new Americans have been set free from the alien mass by association with progressives in business, in the Socialist party, in the labor unions, and in the national churches.

These and other causes have separated a great proportion, estimated at from 30 to 50 per cent, and among Italians even more, from loyalty to the old world church. They have not yet found any other; so that we are often dealing with men without religion. These are often the most progressive and intelligent leaders among their people in matters of the common good.

Thousands of aliens own their own homes which emulate our best homes in comfort, and are ready for our best ideals. Yet other thousands are supplying the rapidly growing ranks of criminals and paupers, wife deserters, or orphans.

#### **What of the Temperance Situation Among the Aliens?**

In our alien boroughs and cities in Pennsylvania (the same ideals prevail in other states even if more restrictions may obtain) there is one saloon on the

average to 100 or 150 persons, men, women and children! These saloons are supplied by several wholesale stores in each place, and by great breweries near at hand.

There is very little restriction upon hours or sales. The all-night saloon is not uncommon, women and little girls getting the dinner pail filled with beer at all hours. The "Brewers' Big Horses" and the wholesalers' trig truck seem to be universal visitors, and beer-kegs and bottles litter back-yards and by-streets.

Another painful feature is the advertising. The ubiquitous saloon, brilliant and prosperous, electric signs, street car ads, bright posters and bill-boards make known the chief industry of the place.

In the homes, gay wall calendars, many skillful circulars pleading the necessity of alcohol for strong men, the hard worker, the nursing mother, and the child, and the continual presence of the advertising and distributing agent keep alive the old-world views of daily medicinal, social and festive uses. Even their religious and national calendars print their multitudinous festal days side by side with the poetic praise of alcohol, national, racial and social, and the advertisement of wines, etc.

The wedding, the christening, the funeral, the arrival and departure of friends from the old country, are the occasions of prolonged excesses. The wedding is often prolonged to three days of drunken rivalry, all day and all night, often in the hall back of the saloon.

The common and usually immoderate use of alcohol culminates on Sundays and holidays in fights, social disasters, and a general unfitness for work.

The home, consisting of three or four rooms, often contains several boarders and many children, with very few women. The bottle, the beer pail, the boiling coffee pot, are freely used by all, including the babies.

The accompanying and perhaps caustic diet consists of vast quantities of cheap white bread, cabbage and canned goods. As much as two pounds of meat per man per meal is not uncommon.

The inferior position of women, the small and crowded houses, the absence of place or occasion for suitable recreation, make the saloon the natural and often the only place of resort and social



enjoyment. Here committees are held and societies have their headquarters. The saloonkeeper is *persona grata* with the Church and is the leader in organization and enterprise, being the man of means and leisure. He is not regarded as with us, but as the friend and guide in the community.

We are thus marring and poisoning first the parents, and, surely, the children of this generation of fine raw material by leaving them to the tender mercies of the saloon as guide, social center and teacher.

Here is splendid dangerous citizen material in our national political factory—much of it in the finishing room. We are recruiting voters from the ranks of our immigrants and their large families more than from our own American homes. We have not yet felt the danger of alien ideals or seen this splendid wealth of these eager and unassimilated young Puritans-in-the-making as we shall soon feel and see it. It is of utmost importance that we at once devise efficient means to reach the new Americans before they become citizens.

#### What Is Being Done for the Alien?

There are many agencies, both American and alien, which are at work. The news of progress in far lands is eagerly read in their own daily and weekly and benefit insurance society papers, though often from an unfavorable view-point. Some of the insurance papers are vigorous in urging reform and even sympathize with advance positions. Some of the priests are eager advocates of temperance. The C. T. A. U. and other temperance organizations touch some parishes. All these agencies move within the realm of European ideals.

Big business and corporation rules against drinking touch a vital spot in the consciousness of many a Slav and Italian who thus first sees a new light.

The Woman's Christian Temperance Union and other agencies are circulating some literature in other languages.

One of the greatest single agencies at work is the Scientific Temperance Instruction in our public schools which has informed a whole generation as to temperance facts and is bringing living truth into every alien home.

Neighborly conversation, arguments in shop and mine, and the contrast of life

in wet and dry homes and neighborhoods press home the truth.

The Y. M. C. A., missions, foreign Protestant churches, all touch here and there a leader of thought.

#### What More Can We Do?

It is evident that as yet we are reaching only the fringes of the great strong masses who are even now becoming conscious of holding the balance of power.

A large and more sympathetic co-operation is possible with agencies at work within the alien ranks. The so-called National Churches among Poles, Lithuanians and the Ruthenians are peculiarly susceptible to the sympathy of those who can prove themselves disinterested and wise friends.

Many of the foreign papers would welcome available material.

The Socialist party contains many leaders of progressive thought and action among every foreign people, and they are eager and aggressive in promulgating their ideas. To use them as teachers would be strategic.

It were wise for us to assure ourselves that the Scientific Temperance Instruction in public schools is being everywhere pushed to its full usefulness, as wisely and honestly as may be.

There is a great field for work among the women. This may be pushed through existing groups, as suffrage and social clubs. An article on another page describes the organization of a Women's Christian Temperance Union among Polish women. Our sisters, as with us, are suffering most, and are most ready to help. The eagerness with which temperance literature is received, especially if illustrated, is touching.

With such literature in hand, one could easily call and begin the neighborly social friendship which must precede any real advance in national unity.

The children always respond to teaching which may be organized in vacation schools, in Loyal Temperance Legions, either of mixed or foreign races in mission and Sunday School work. They will gladly distribute literature with their mothers' help in otherwise inaccessible homes. One cannot have lived within the great evangelistic victories which have transformed lives and homes and communities in Pennsylvania into

(Continued on page 220)

## Work Among Our Foreign Population

BY JOHN HIPPIE, DENVER, COLO.

IN SEEKING to educate the people about the evils of the liquor traffic our foreign-born population is often overlooked. Yet they are robbed and plundered most by the saloon, and respond readily to the effort to convert them to prohibition.

The labor war in Colorado about which so much has been said and written was largely brought about by the robbery of the foreign laborers by the saloon in the southern Colorado coal fields. The organizers of the miners' union and of the agitators who were fomenting strife and trouble were largely in saloons. One, called "July 29th Saloon," was given this name in honor of the assassination of King Humbert of Italy by an anarchist of the same stripe as the man who owned and conducted this saloon in the Colorado coal fields. This saloon constantly displayed the red flag of anarchy. The meetings of many of the unions are held in direct connection with, or directly in, saloons, and practically every labor union in Colorado passed resolutions in favor of the liquor traffic because prohibition would *injure labor*. During the special session of the legislature in the summer of 1914, a law was passed giving the government the right to close all saloons in any district of the state where there was a strike or a labor war in progress. As soon as this law was passed and the saloons were closed, the amount of earnings of the men in the mines for the first month increased 15 per cent and accidents decreased 50 per cent, showing that sober men not only earned more money but were better able to take care of themselves and to guard against accidents while at work.

Not only were the miners able to earn more money, but they bought more for their families, paid up their old bills and moved into better homes. In many of the coal camps where the miners were earning from \$75 to \$100 they lived with their families in rude frame shacks, unpainted, barren inside and out, in poverty and misery that would have moved a heart of stone, and all because saloons robbed them of their hard-earned money. Such was the improvement of trade that the merchants and business men in the

coal mining camps, where the militia had closed the saloons, voted almost unanimously for state-wide Prohibition. I have it from good authority that there were children 14 and 15 years of age in the coal camps who never owned a new pair of shoes until the saloons were closed because their fathers spent their money in the saloons.

Many of the miners' families seeing how much better off and more prosperous they were without saloons joined with the business men in voting for the "dry" amendment in the coal mining camps of the state. In the coal mining districts saloons abound everywhere, and on pay-day drunks, disturbances, assaults, and murder itself are common. In many of the mining camps there are fifteen or twenty different languages and dialects, and it is difficult to obtain literature in those languages for distribution for the education of these people. But they are all of them susceptible to reason and appeals to their sympathy, and they readily respond to the right instruction upon this question.

The writer has held meetings in the Italian settlements, German districts, Swedish churches, and has everywhere been cordially received and has found enthusiasm and hearty response. It is a great mistake to abandon these foreign fields or to consider them hopeless in any sense of the word. The fathers and mothers of these foreign-born citizens love their children and are quick to respond to our efforts to save them from the evil effects of strong drink. I have found a stereopticon with views showing the effects of drink upon the various parts of the body of great value. Settlement workers, missionaries, and others who are seeking to Christianize and help these people, report experiences similar to my own.

If we fail in reaching the older people whose habits are formed and whose prejudices have been aroused by the specious argument of the bartender and saloon-keeper, we can reach their children and train them up as good American children, to love their country, to fear God, and to hate the saloons.



## Alcohol the Barrier to Patriotism

BY CLARENCE TRUE WILSON, D. D., TOPEKA, KAN.

Secretary Methodist Episcopal Church Temperance Society

**A**LCOHOL will throw salt out of solution.

Likewise it will throw citizenship out of solution. Alcohol precipitates the constituent elements of American life. The elements of character brought down from our Revolutionary fathers and the elements brought to us by our hordes of immigrants will not unite in beer.

It is amazing how completely the saloon dominates the foreigner. A light drinker in Europe, he often becomes a heavy drinker in America. An idealist there, he often becomes corrupt here. And the saloon is responsible.

The original settlers of this country were almost entirely of Teutonic and Celtic blood. Even the French Huguenots had a very large proportion of Teutonic blood. The absorption of these people was easy and contributed to the formation of a well-defined national character or racial type. Even as late as 1867, not one per cent of the total immigration came from Austria Hungary, Italy, Poland and Russia, but in 1902 the percentage was over seventy. The fact that these people, while able to make wonderful contributions to American civilization, are nevertheless met by peculiar difficulties because of the radical differences in type to the people upon whom they must be grafted, behooves us to remove every possible hindrance to their absorption. The question might be reduced to this proposition:

1. Immigration will prove a blessing only if the immigrants take on the main characteristics of native Americans.

2. The greatest hindrance to this absorption of the new immigration is the saloon and the liquor traffic.

3. Therefore, the most menacing phase of the immigration problem is the saloon.

The liquor interests very carefully ignore the close connection between immigration and drink consumption, but a careful study of comparative statistics show that this connection is a vital factor of both the immigrant and drink problems. In 1895, 258,536 immigrants

arrived and the per capita consumption of liquors was 16.57 gallons. In 1896 the immigrants numbered 343,267 and the per capita consumption of liquors rose to 17.12 gallons. In 1897 immigration fell to 230,832 and the per capita liquor consumption likewise fell to 16.50 gallons. By 1900 the arrival of immigrants had reached the figure of 448,572 and the per capita consumption 17.56 gallons. From this time until 1906 immigration and the per capita consumption of liquor both rose together rapidly to about 1,300,000 arriving immigrants and 22.6 gallons of liquor as the per capita consumption. In that year a decline in both connections and in 1909 immigration had fallen to 750,000 and the per capita consumption of liquor had fallen to nearly 21 gallons.

The Temperance Society of the Methodist Church is doing everything possible by the circulation of leaflets in foreign languages, by the use of its hundreds of foreign-speaking pastors, and in other ways to aid in grappling with this problem, but until the issue of total abstinence and prohibition is brought home in a more striking way to our sociological workers and various institutional agencies it is hard to see how the problem can be solved.

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### Alcohol Consumption Among Immigrants

By E. L. TRANSEAU, BOSTON, MASS.

**O**N another page of the Journal is published a cut illustrating the parallel rise and fall of immigration and per capita liquor consumption in this country for the past forty-five years.

While the parallel between the two rates is striking, figures alone do not fully explain why the influence of the foreigner should be sufficient to so nearly counteract the steady educational influences, the increasing legislative restrictions and prohibitions, and the well-known decrease of drinking habits in leading American business and social circles. If it could be shown that the per capita consumption of the countries from which the majority of the foreigners

come is larger than ours, that would help to explain their contribution to our drink rates. This was the case when the bulk of immigration came from the northern countries of Europe, where reliable and comprehensive official statistics were accessible; but since the influx has shifted to Southern Europe, such statistics are either lacking or evidently incomplete.

That the new-comers are not abstainers is known from the testimony of travelers in their respective countries, and that they become profitable patrons of liquor dealers in this country soon after their arrival is evident from the testimony of social workers and political economists who have studied the conditions of immigrants in this country.

One of the most careful and comprehensive studies of immigration now extant is the book "The Old World in the New" (1914) written by Prof. Edward Alsworth Ross, Ph. D., LL. D., of the chair of Sociology in the University of Wisconsin.

Everyone interested in the future of the United States should read this book carefully, for the light it throws upon the relation of immigration to our liquor consumption is only one of the influences of immigration which it illumines.

With reference simply to our liquor problem, Professor Ross's studies verify what we have learned also from other sources concerning the influences exerted by our present system of foreign immigration, or lack of system, which tends to swell our per capita consumption.

We see first that the "new immigration," that from the south of Europe, which set in about twenty years ago, is not a migration of intentional settlers, as was the old. It is not, like that, composed of men and women and children, but largely of single men intent upon earning big wages to carry back home. This means that they are of the sex and age that are the largest patrons of drink and their influence upon the rate of per capita consumption would naturally be greater than that of their numerical equivalent in the general population.

Second, whatever their habits at home, they come here under conditions that throw them directly into the power and under the influence of the liquor interests. Professor Ross says:

"Parties through billed from their native village by a professional money-lender are met at the right points by his confederates, coached in three lessons on what answers to make at Ellis Island, and delivered finally to the Pittsburgh 'boarding-boss,' or the Chicago saloon-keeper, who is recruiting labor on commission for a steel mill or a construction gang. The saloonkeeper is interested in fighting all legal regulation of his own business and of other business—gambling, dance halls, and prostitution—which stimulate drinking. If 'blue' laws are on the statute book, these interests may combine to seat in the Mayor's chair a man pledged not to enforce them. Even if the saloonkeeper has no political ax of his own to grind, his masters, the brewers, will insist that he get out the vote for the benefit of themselves or their friends. Since liberal plying with beer is a standard means of getting out the foreign vote, the immigrant saloonkeeper is obliged to become the debaucher and betrayer of his fellow countrymen. In Chicago, the worthy Germans and Bohemians are marshaled in the United Societies, ostensibly social organizations along nationality lines, but really the machinery through which the brewers and liquor dealers may sway the foreign-born vote not only in defense of liquor, but also in defense of other corrupt and affiliated interests."

Under the combined influence of the liquor interests and of his own countryman who has been here long enough to learn how he can make easy money out of his newly arrived cousins, consumption of drink among the immigrants, whatever have been their home habits, is boosted to a high notch. It is noted distinctly in each of the nationalities now furnishing the bulk of immigration.

"American example and American strain are telling on the habits of the Italians, and in the Italian home the bottle of 'rock and rye' is seen with increasing frequency by the side of the bottle of Chianti."

"The Slav is as frankly vinous as Falstaff with his 'cup o' sack.' He is a Bacchus worshiper, unashamed, and our squeamishness about liquor strikes him as either hypocrisy or prudery. He thinks, too, that without stimulant he can not stand up to the grueling work of



mill and mine. A steel-worker, when besought to give up drink, replied, 'No beer, no whisky, me no work.' Hence an incredible amount of his wages goes to line the till of the saloonkeeper. In the steel town of 30,000 population \$60,000 are left with the saloonkeeper the Saturday and Sunday after pay day. The Saturday brewery wagon makes the rounds, and on a pleasant Sunday one sees in the yard of each boarding house a knot of broad-shouldered, big-faced men about a keg of liquor comfort. . . .

"The Slavic thirst, multiplying saloons up to one for every 26 families, is communicated to Americans, and results in an increase of liquor crimes.

"The Magyars are a wine-drinking people and the immigrants come from the farms and know nothing of the corrosion of cities. Being high-spirited, however they want to become Americans quickly, with the result that they acquire our vices before they acquire our virtues. In the mill towns they learn to guzzle beer, carouse and leave their earnings with caterers to appetite. . . .

"A visiting nurse who has worked for seven years in the stockyards district of Chicago reports that of late the drinking habit is taking hold of foreign women at an alarming rate. In the saloons there, the dignified *stein* has given way to the beer pail. In the range towns of Minnesota there are 356 saloons, of which 81 are run by native-born, the rest chiefly by immigrants. Into a Pennsylvania coal town of 1,800 people, mostly foreign-born, are shipped each week a carload of beer and a barrel of whisky. Where the new foreign-born are numerous, men, women and children frequent the saloons as freely as the men."

The third influence which tends to enlarge the drinking habit that the immigrant may have had in his own country is the greater amount of money he has here to spend. With this in his pocket he is able to satisfy his ambition to show his ability to keep pace with the "American" customs into which he is thrown. If he could be surrounded at once with Americans of the better class, among whom the use of alcohol is so little in evidence, he would doubtless be proud to follow their example; but the track is laid long before his arrival to carry him and keep him as long as possible under the influ-

ence of those who derive personal profit from his ability to buy drink. When he has been here long enough to understand how he is being worked, if he does not return to Europe before that time, his place is taken by new arrivals.

The question "Who drinks it all?" has been recently asked in an article in the *Philadelphia Record*, the burden of which is that all of our efforts to stem the drink tide in this country are unavailing. Investigations will not reveal who drinks it *all* until we have statistics showing consumption of liquor by states; but competent inquiry would undoubtedly show that the amount of liquor shipped into the regions of our "foreignized industries" furnishes a much larger per capita consumption rate than that of populations which have had the benefit of our years of anti-alcohol education and legislation.

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### TEMPERANCE WORK BY THE JAPANESE

THE Japanese Temperance Society has several branches in California with 480 members. The parent society in Japan has many thousands of members; 8,000 copies of its publication *Kuni No Hikari* (Light of our Land) are issued monthly. The San Francisco Japanese Temperance Society recently sent for 1,200 copies in one subscription. The monthly is attractive in appearance even to one unacquainted with the Japanese language and has some clever cartoons and illustrations on the results of drink, intelligible to anyone.

The industrial sobriety movement has struck root among the Japanese. The Okura Paper Store in Tokyo is one of the leading stores of the kind in the city, with branch stores in Osaka and other important cities in Japan and China.

At the annual conference of the managers last year, according to *Kuni No Hikari*, it was agreed that henceforth temperance should be observed by all in the concern and that total abstinence should be a strict condition for every employee.

We may each in our respective lines of social work, without fear of excessive momentum, sound the signal, "Full speed ahead."—*Homer Folks*.

## The Drink Curve and the Immigration Curve

BY THE EDITOR

**T**HE diagram on this page illustrates the rise and fall in (1) the per capita consumption of alcoholic liquors (solid line) and (2) in immigration (dotted line) beginning with 1870 and ending with June 30, 1914.

gration fell off slightly, the drink-rate continued to increase until the following year, showing, perhaps, the result of heavy immigration during the preceding five years (1899-1903) during which 2,753,995 foreign-born came to America.



Dotted line represents the yearly immigration.

Solid line represents the yearly per capita consumption of alcoholic liquors.

In the great majority of cases the two curves show a tendency to rise and fall simultaneously, though not always to the same degree. If the change is not simultaneous, a corresponding change usually occurs in the following year in the drink curve.

For example, in 1904, although immi-

In other words, the impetus given to drink consumption by the immigration was too great to be overcome at once by a slight falling off in the number of immigrants. But this immigration decline in 1904 was followed in 1905 by a slight fall in the drink consumption, and both rates increased again with the re-



turning tide of immigration in 1906 and 1907.

For the nine years beginning with 1906 and ending with June 30, 1914, the drink rate has hung around 22 gallons per capita, never going above 22.79 gallons (1911). The average for the period has been 22.19 gallons.

During these nine years there have been two distinct crests in the immigration curve.

The drink curve shows its usual tendency to rise and fall with the immigration curve, but its variations are relatively slight.

We know that the "new immigration" is composed of an almost universally drinking population, much of it heavy drinking as shown by articles in this JOURNAL. 9,095,441 of these people have come to us in these nine years, yet,

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## Providential Reinforcement for Storming the Saloon Stronghold

BY REV. WILBUR F. CRAFTS, PH. D., WASHINGTON, D. C.

Supt. International Reform Bureau

THE warring nations of Europe have suddenly become unconscious allies of the prohibition movement in the United States, and are furnishing powerful reinforcements at the very point where our battle line is weakest, and our enemy strongest—in the foreign industrial centers of our big cities. Colonies of Slavs and Germans and other foreigners who never attend a temperance meeting or read a temperance paper or document are reading of the anti-alcohol movements in all the warring nations of Europe, the one supreme message of which is that alcohol is the enemy of industrial efficiency, and so the enemy not only of the employer whose workmen are slowed up by drink, but also of the employee, who sees that he is likely to have to choose between his grog and his job.

### Russia's Object Lesson to the World

There has never been an argument for nation-wide and world-wide prohibition that could compare with the news from Russia, that even in the midst of war the deposits of savings banks are increasing, and even the burdens of war taxation are scarcely felt.

in spite of this, the per capita drink consumption has been nearly stationary. This seems to indicate rather clearly that the older American population must have become more abstemious, that the anti-alcohol movement in the United States is producing results in reducing liquor consumption among those who have been here long enough to be affected by education against alcohol, by the economic demands for sobriety, and by laws which remove temptation to drink.

This confirms the popular impression that, on the whole, sobriety is on the increase.

Thus the total amount of liquor still consumed is not to be considered evidence that the American temperance movement has failed, but rather that it is complicated and its results obscured by a constant influx of new drinkers.

### Teaching the Foreign-Born the Facts

The main thing is to drive home to the mind and conscience of all the workmen in the industrial centers of our great cities the significance of Russia's national prohibition. To do this will require the united efforts of all the national temperance organizations. Many of these foreigners do not read English and we may be sure that the foreign daily papers, controlled by distilleries and brewers, will withhold or distort the news. The real facts in the case should be published in all foreign tongues and distributed in the most systematic fashion from door to door by tactful agents who will do their work as faithfully as a census taker; or perhaps the methods of the Home Visitation Department of the International Sunday School Association may be invoked, and the religious and reform forces of a city may be mobilized on a particular day to visit every house in the city, bearing literature in such varied tongues as may be necessary to enable every citizen to read his own language in this new Pentecost of prohibition "the wonderful works of God," through which nations are learning how to save more lives by prohibition than are destroyed by even twentieth century warfare.

### Giving or Lending Books to Leaders

Such a campaign needs to be planned with as great thoroughness as Germany has prepared for the present war. Not only should approved leaflets in foreign tongues be given out at every door, with gracious words to introduce them, but there should be sent to all foreign-speaking preachers, most of whom are able to read English, such books as Ernest Gordon's *Anti-Alcohol Movement in Europe*, of which a special edition ought to be published as cheaply as Horsley's *Alcohol and the Human Body*, which one philanthropist gave away to number of fifty thousand copies at a wholesale cost of a shilling apiece. That book, too, should be included in the books thus presented, and Guy Hayler's *Prohibition Advance in All Lands*, and the very effective recent book of Cora Frances Stoddard entitled *Handbook of Modern Facts About Alcohol*.

If these books can not be given to every foreign-speaking preacher outright, there ought to be a lending system developed by which these books could be passed on in a chain system or through some local agent who would see that they were transferred at regular intervals from one preacher to another in a great city. Reading rooms, as convenient as the motion picture shows, should be opened on the street where foreigners would be invited to read the very best temperance literature — an invitation which the foreign preachers of the community, at least, might be expected to accept. Much should be made of the prohibition posters in these industrial foreign neighborhoods. And, most of all, space should be secured, even if it has to be bought, in papers printed in foreign tongues, to insert accurate statements of the war news and other related matters as they bear upon the drink problem. For example, the foolishness of Great Britain in making exception for beer should be exhibited by showing the actual damage to health and efficiency that is wrought by that soggy beverage.

### A Union Effort Suggested

A campaign like this, it is manifest, involves large expenditures both of money and of labor—larger expenditures in both lines than ever the Anti-Saloon League or the Woman's Christian Temperance Union can either of them afford

alone. It has been the special weakness of our temperance organizations that they have had to make their campaigns where they could "live off the country," to use a military phrase. We have not gone much into these industrial centers of foreigners that needed us most, simply because they could not pay for the benefits which they needed but did not want. The most feasible thing seems to be for these two chief organizations to form a joint committee and a joint fund, and invite the smaller organizations to take a pro rata share in contributing both work and money. The difficulty confronted here is that neither organization has any national surplus at all adequate for such an undertaking, but if these two organizations should invite other organizations to form with them a joint committee, including especially the executive leaders of the temperance committees of the churches, and they should make a budget stating exactly what the union committee would do, and what money was needed to do it, and invite contributions for this special fund, philanthropists would probably respond if the plan was above all suspicion of self-seeking on the part of individuals or organizations co-operating.

The writer has demonstrated that books usually sold at \$1.50 or more may be sold in large quantities for 25 cents, the highest price at which a thoroughly national campaign of book literature can be prosecuted. In order to do this the editorial work should be done by those already paid a salary by some society, and the original cost of plates and diagrams should be contributed. Then a book that will commend itself to the most intelligent foreign-born as well as to natives can be put out at a very low price, containing, with scientific diagrams and colored plates, the very gist of the argument for total abstinence and prohibition.

If the most telling pictures and points in all the books above mentioned were put into such a volume, with footnotes indicating where the complete books could be had by those who desired to go more fully into the subject, we should have a weapon for our temperance warfare comparable with the mighty German howitzers and the French 75 millimetre gun.



## What Can Be Done for the Foreigner?

BY REV. ULRICH F. MUELLER, C. PP. S., CARTHAGENA, OHIO

THE question is not so easy to answer as might seem. Moreover, I do not presume to speak for other nationalities than the Germans. I draw my conclusions partly deductively from the general character of the German, partly from experiences from the old country.

Above all, it would seem that we must have the printed word. The German is a great reader, as is evident from the many German dailies that are flourishing in this country. The reading matter ought to come to him through his paper, if possible, as well as through specially prepared leaflets and pamphlets. To get temperance matter into the German press is not easy, for business reasons. Yet I have no doubt that smaller items, very prudently worded, especially if they do not contain directly pleas for prohibition, can now and then be entered. Especially could readers enter articles over their signatures, which combat some false statements made in the news department (to attack editorials requires extreme circumspection because the editor is naturally touchy where children of his mind are in question). Such a campaign presupposes a solid organization with good systematic management. Perhaps here, too, free plate matter might avail, or something similar to the *Zeitung Correspondenz* of the "Verein gegen Missbrauch geistiger Getränke" in the Fatherland.

The leaflets may, of course, be stronger in anti-alcoholic sentiment, though I think we ought at first to be satisfied to work for total abstinence without appealing for restrictive or prohibitory laws. At first, even the most frantic German abstainer shies at any infringement upon the personal liberty of others. It only gradually will dawn upon him that moral suasion alone cannot remedy the evil. Such leaflets would best be copied directly from German leaflets, because the leaders in Germany know what can convince.

The next step would be to provide lectures in their own language, and, best of all, to secure able and zealous men of their own rank and file and of all shades of philosophic thought: Socialists

and conservatives, Catholics, Lutherans, etc. They, too, would have to proceed cautiously, at first inveighing only against excess and especially against strong drink, not saying much, or only hinting incidentally, that all drink is injurious. We must not forget that the evolution of the American Temperance movement went through three stages: 1—Abstinence from whisky and moderation in other drinks; 2—Personal total abstinence through moral suasion; 3—Advance toward legal restriction and gradually toward almost total prohibition. In Europe, too, the start was: 1—Against abuse; 2—Elimination of all strong drink; 3—Present stage: personal total abstinence. Voices for prohibition, local or national, are as yet few and far between. The evolution of the foreigner among us may be accelerated, but it cannot be passed over; from drink to prohibition the step is too wide, and but few, if any, can be induced to take it.

In the propaganda the children and young people should receive the most attention. Through them the movement reaches the parents, as experience in the fatherland amply proves. They, too, can easiest be induced to abstinence.

Last but not least, nay, even of paramount importance, is the formation of societies. The German is essentially a social animal, more so than any other nationality. *Organization* is the magic word.

But such an organization must differ from our American type. It must provide much entertainment along with instruction, balls and declamation evenings, card parties, etc. Of course the intellectual element should not be missing. Lectures and discussions, scientific exhibits, etc., must be amply provided for. But, in all these, the conclusions must not so much be driven home as be left to the hearers. If the premises have been chosen well, the right conclusion will gradually dawn upon the hearer. The German is a thinker. He wants to think it out for himself.

The organization to comprise three classes of membership: 1. Total abstainers; 2. Abstainers from the

stronger drinks; 3. Friends, who support the society by funds, without taking the pledge, though they must be known as extremely sober men. The more influential the latter, the better.

There should be a weekly, or at least a monthly paper. The best articles of this could be produced as leaflets afterwards for further distribution.

Of course, if priests and ministers can be gained for the movement, it were best even though they were not at first abstainers. The societies ought to be organized, if possible, along the denominational lines. Here applies Moltke's famous dictum: "March separately, strike unitedly." The reason for this I need not explain. Experience in Germany sufficiently proves this to be correct. Such as do not want to join a religious society might be united into neutral societies, or social abstainers, or German Good Templar lodges.

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## How We Started Temperance Work Among the Polish Women

BY MARY F. SEYMOUR

President of Scranton Central Woman's Christian Temperance Union

FOR many months, our Scranton Women's Christian Temperance Union had been desiring to reach the Polish population on the South Side of our city. At last I started out to make a beginning, my only clue being the name of a Polish woman in one of the large department stores.

She gave me the address of a woman said to be active in religious work. I did not find her at home that day, but had some conversation with an English-speaking Polish neighbor, from whom I obtained the address of the bishop, who has charge not only of this local church, but also of the forty National Polish Churches in the Eastern and Middle Western states. I confess I had a little trepidation in venturing to call on such an august personage, and this was not relieved when he opened the door of the handsome rectory in person, dressed in his long robe and crimson clerical cap.

He asked me with rather cold dignity and reserve what I wanted. I replied in the free and easy American way. "I would like to talk with you a few mo-

ments on the subject of temperance."

His reserve passed away. He cordially invited me in, and I entered into a free conversation with him, telling him we wished to form a Woman's Christian Temperance Union among his women. Before I had finished, he asked me to meet the women on Sunday afternoon two weeks from that time. A little later I called on some of the women and gave out some literature and tried to create an interest in the work. On the given day, two of us met fifteen women at Strauss Hall. We explained the need of temperance work, and won their confidence, and found that some used liquor in their homes as a beverage or for medicine and were not ready to sign the pledge, but we succeeding in getting five signers. One woman was very eager about it and was the first to sign, and then raised her hand and asked, "May my man sign, too?"

I must not take time to tell all the events before we met final success, although all are of interest. I spent fourteen hours in all in the calls I made.

One Sunday I went alone and spoke to fifty Polish women, but could not complete the organization. At last two of us called again on the bishop and informed him more in detail about the work. He was very cordial and talked freely with us, and said, "You will come again May 9 and meet the women. I will be there and we will form a union." That Sabbath afternoon ten of us went over and met about thirty women in the basement of the Polish church. After an address by our county president and a short talk by a prohibition brother, the bishop gave a dramatic talk in Polish, and at the close officers were elected. Thirteen came forward and signed the pledge, and five paid their dues. Our county president pinned the badges on the three officers and the union was fairly launched.

We have many plans for the future, for example, to provide a speaker or teacher for their regular meetings for some time to come, to call upon them and to know them as our sisters, to help them form a "Loyal Temperance Legion" among their young people, and many other forms of activity. We plan for a picnic in June for the Central Women's Christian Temperance Union and the new Polish Union.



# At the Point of the Pencil

## THE PREVENTION OF MISERY AND DEPENDENCY

PENNSYLVANIA had 75,410 persons in its various hospitals and institutions under the charge of the State Board of Commissioners of Public Charities at the end of 1914. The inmates included the sick, the insane, the aged, children, miners, feeble-minded, tubercular, blind, deaf mutes, paupers and prisoners. In addition, 217,261 persons were cared for in state and private hospitals for a longer or shorter period during the year.

"We are constrained to remark," says the report, "that legislation looking toward the prohibition of the manufacture and sale of harmful products within our commonwealth might be inquired into with laudable results. And, on the subject of legislation generally, that which is preventive in its character is most desirable, and might be profitably employed in this instance. In nearly every class of institution within our charge, indisputable evidence is constantly before us in the form of the ravages of disease and delinquency, due to the use of alcohol and drugs.

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## FOR PREVENTION OF DEFECTIVES

OVER 4,000 epileptics have passed through the doors of the Craig Colony for Epileptics at Sonia, N. Y., since it was opened in 1896. Sixteen hundred were cared for last year. Institutions in thirteen other states have a capacity of over 5,000 patients. Of 89 patients who died at the colony during the year upon whom autopsies were performed, 22 had histories either of personal alcoholism or of an alcoholic parent, the latter being the father, except in one instance. Some of the items from the histories suggest, though they may not prove, the ways in which alcohol may contribute either directly or indirectly to this disease:

"Father was intemperate periodically."

"Father alcoholic and immoral."

"Mother was in broken health at the time of the patient's conception and birth, due to worry and abuse at the

hands of the alcoholic father."

"The onset of epilepsy occurred at 21 years of age, due to excess in alcohol and venery."

"Epilepsy began at the age of 49, with alcohol as the assigned cause."

"The patient, an alcoholic, was said to have been struck on the head with a beer glass in early adult life, and to have had epileptic seizures two years later."

The medical superintendent, Dr. William T. Shanahan, in the twenty-first annual report of Craig Colony, joins officers of other medical and social institutions in pointing out the saving that could be made by reducing the use of alcohol:

"If more attention were paid to the proper bringing up of children, and the doing away with certain conditions of living which do not permit of healthy development; if there were a material lessening in the consumption of alcohol and in the prevalence of venereal disease, with the segregation of known defectives whose families can not properly care for them, there would, without doubt, ultimately result a marked diminution in the number of offenders in our midst who are sentenced to penal and reformatory institutions for infractions of our laws."

Again, in an address on feeble-mindedness before the New York State Conference of Charities and Corrections in 1913, Dr. Shanahan remarked, after observing that many students of the subject believe that many alcoholics are such because they are feeble-minded, and that it also "seems reasonable to believe that alcohol can and does so damage the individual as not only to affect him but his posterity." Without saying so in so many words, he intimates that New York has done less than many other states toward limiting the effects of alcohol:

"The problem of the state controlling the sale and use of alcoholic beverages is one which has met with much active work toward the solution by the majority of the states. New York state has a few districts in which there is no li-

cense, but, beyond this, it has not attempted to restrict the use of this article as has been done in so many other states."

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#### WHAT A HOUSING INVESTIGATOR FOUND

THE contrast between the occupants of the houses in the tenements and the alleys was marked. It was impossible to observe these gregarious, light-hearted, shiftless, irresponsible alley-dwellers [largely negroes] without wondering to what extent their failings are the result of their surroundings, and to what extent the inhabitants, in turn, react for evil upon their environment. There is abundant evidence of failings more serious than improvidence and irresponsibility. From morning until midnight the beer-can circulates with a regularity that is almost monotonous. It forms the attractive center of every neighborly group, though its unstinted flow is apt to result in the sudden and violent breaking up of the group which collected to enjoy it. Then, as one woman said, "Yo' goes down to co't, and yo' pays yuh fine like a lady," without, of course, in any way impairing the social status of the combatants.—From a Study of Housing Conditions, Baltimore, 1907.

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#### WHAT WORRIES THE BOSS

WHETHER drinking is the cause of more accidents than all else or not, the overseer of industrial production is sure of one thing, and that is this: Drinking causes the majority of bosses or supervisors more anxiety, worry and often an exasperating perplexity to prevent accidents, or keep their works running, than—many times more—all other difficulties and troubles that are possible of compilation in any day's record.—Thomas D. West in *Accidents, Their Causes and Remedies*.

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#### WHAT INCREASES ALCOHOLIC INSANITY

FOREIGN-born whites in 1910 constituted in the United States sixteen per cent of the white population, but they furnished 32 per cent of the alcoholic insanity.

Foreign-born whites and those of entirely foreign parentage or having one foreign-born parent formed 39 per cent

of the population, but furnished 56 per cent of the alcoholic insanity.

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#### WHAT THE GERMAN PEOPLE ARE BEING TOLD BY THEIR LEADERS

INTEMPERANCE tends not only to weaken body and mind, but to undermine the sense of duty and honor, regard for parents, and authority, love for King and country. Without these virtues a man can never be a soldier.—Surgeon-General Rudeloff.

THERE is nothing to be said in favor of alcohol in the treatment of infectious diseases. It has no place whatever either in acute or chronic infectious diseases or to lower the fever or to kill the germs.—Dr. Ewald, University of Berlin.

IF ALCOHOLIC intemperance could be stopped, if the countless crimes and diseases for which it is responsible could thus be essentially diminished, and, if the wasted millions spent for it could be put to rational use, then the German people, by virtue of their otherwise excellent characteristics, would reach incomparable excellence.—Minister von der Recke.

THERE appears to be no question but that the use of alcohol essentially lowers efficiency and power of resistance. In these serious times, we need the full strength of every soldier. Whatever tends to diminish this injures the interests of the nation and sins against the fatherland, to which now, more than ever, all our strength belongs.—General von Bissing.

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#### TEMPERANCE WORK AMONG THE ALIENS

(Continued from page 209)

active agents of redemption without greatly desiring that these and all the soldiers of salvation might get the vision of the aliens, also, as the subjects of redemption.

They are now the prey of the enemy. But they and their children caught the vision of redemption from across the seas. They are now living within the reach of it. Conditions from which they fled surround them still and worse evils beset them.

May not we with quickened love and devotion bring our best to them and use every means we have to welcome them into a share of our glorious citizenship.



### THE INFLUENCE OF EXAMPLE

THE ADVANTAGE of self-control does not release one from the duty of influencing by example those whom abstinence alone can save. Let us not forget the power of example. Most men do not ask for reasons. The example of influential people goes a thousand times further than all good reasons and exhortation. It is the duty of the educated dominant classes, before all things, to set an example. Whoever by his example leads others to drink moderately thus pushes a part of them over to immoderation. He starts the stone rolling; it is not in his power to stop it.—Prof. G. von Bunge, University of Basle.

WHAT EXAMPLE has produced can in turn be done away with by example. But this example must come from above, from those who are, as it were, the salt of the earth. For the student world there is a peculiarly pressing duty to do away with the remnants of mediaeval barbarism that still disfigures your customs—university drinking.—Dr. E. Kraepelin, University of Munich.

I HAVE spoken of the reason [for personal abstinence] based upon physical welfare and also of the reason based upon the obligation that rests upon a man to make a wise use of his money, but there is a third reason which, to my mind, cannot fail to impress the man who is guided by his conscience, namely, the use to which man should make of his example. Even if a man were sure that the moderate use of liquor would be of no physical injury to him and would involve no danger of excess; even if he felt that he had money to spare for drinking, still, in view of the awful consequences of indulgence in liquor, *can he afford to gratify himself at the expense of those who, weaker in resisting power, may be led astray by his example?*

A man cannot advise others not to drink when he himself drinks. Indulgence compels silence on the subject. If a man does not drink much—if he has not formed the habit of drinking—it can be but a little sacrifice to give up drinking entirely, and thus make his example helpful to those about him; if he drinks so much and the appetite for liquor is so strong that it would be a great sacrifice to stop, then he ought to stop on his own account.

The great Apostle Paul declared that he would eat no meat if meat made his brother to offend. It was not because Paul did not like meat, but because he loved his brother more than he loved meat. Is it asking too much for any human being to ask that he consider the influence of his example upon those about him, especially upon those who look to him for counsel?—Secretary of State Wm. J. Bryan.

\*

TO PROMOTE personal abstinence the National Abstainers' Union has been formed. The simple pledge, "The undersigned promises, God helping, never to use intoxicating liquor as a beverage." There are no fees, dues or obligations other than the faithful observance of this pledge, which can be signed, "without respect to party, creed, nationality, age, sex, occupation or other condition." At a meeting in Philadelphia 12,000 men signed this pledge. Copies of the pledge, of Mr. Bryan's address, and additional information may be had from the General Secretary, Charles Scanlon, National Abstainers' Union, First National Bank Building, Pittsburgh, Pa.

\*

### IDEALS AS AN END IN EDUCATION

Instruction is the least part of education. You may, indeed, protect a great many people by telling them the dangers of certain courses of conduct, but if you can do nothing more than excite the physical fears by giving medical instruction, you have done nothing indeed, and sometimes harm; but you have not accomplished your full purpose, even as medical men, until you have gone further than instruction. Education means vastly more than that. It means the shaping of ideals, a play upon the feelings, such a kind of education as will make the boy chivalrous, knightly and regard the interests of every daughter of Adam as the interests of his own sister, even if that daughter is a prostitute herself; a boy who will respect the ideal of womanhood even in those we call fallen and outcast; who will be such a boy, such a lad, such a young man, that when he comes to be a man he will be ashamed of himself if he even hints at the argument that it is necessary in order to protect wife, sister or daughter from these evils to have a class of prostitutes.—Prof. C. H. Henderson.

# Scientific Temperance Journal

Founded by Mary H. Hunt

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## Facts and Lessons

SEVERAL things appear clearly in the discussion of drink as it is related to the new-comers among us in the United States whom, for lack of a better term, we call "foreigners" or "aliens."

It may be understood clearly that in presenting these facts, no reflection is made upon the new-comers and their drink habit. It is rather a study of the actual conditions with a view of ascertaining exactly what they are, what they portend, where the responsibility lies, and what can be done to remedy them.

It is evident that our rate of consumption of drink in the United States is kept high by this constant influx of new drinkers who come fast or faster than we can secure sobriety in the people already here.

This flood of new drinkers keeps up the demand for alcoholic beverages and by so much encourages the commercial end of the liquor problem.

This same commercialism fosters the drink habit among the immigrants through social ties.

The homes and local and economic surroundings into which the immigrant is allowed to drift by a careless American public foster the alcohol habit.

With a higher wage in America he is tempted to spend more money for drink than he was able to spend in his old European home. Lacking provision for other proper recreation, he tends to seek it more and more in drink. Vandervelde has shown that the first temporary rise in wages is liable to thus increase the drink consumption unless the workmen

have opportunity for cultivating other ideals.

The drinking immigrant is throwing a disproportionate amount of burden of alcoholic insanity upon our institutions for the treatment of insane, and, presumably, also, of the insanity to which alcohol is a contributing factor. Thus our burden of the mentally unstable is being increased.

Mr. McKee's article shows how the farmers and other citizens have had to care for alien poverty which still had money to support the saloon.

It is evident that certain things must be done at once if we are to save these new-comers to their best selves and our American civic, physical, mental and moral welfare from the degrading influence which the alcohol habit and the saloon are having upon these fellow citizens.

Insanitary homes and surroundings must not be tolerated.

The immigrant must be protected against the extortions of overwork which leave him in a state of exhaustion that seeks relief in drink.

In self-defense, if no other reason, the Americans already here should protect the immigrants against the saloon influence which draws him here and holds him as in a vise when he gets here.

Opportunities for suitable recreation should be provided.

For the immigrant's child in the public school there must be thorough and careful temperance instruction.

The employer, through posters, pay-envelope leaflets, through requirements of sobriety can perhaps most quickly of all influences help the immigrant to see that drink is a handicap to him and to his children.

Suitable literature about alcoholic drinks must be prepared and placed in the hands of the racial leaders of these people, priests, etc., and widely disseminated among the people themselves.

Every community must organize this work locally if it is ever to be done adequately. The problem is already too great for any one or two national organizations to handle at a distance. They can prepare the material, but this task of reaching our new citizens and winning them to sobriety resolves itself into a hand-to-hand task.



The pastors of American churches need to "get next" to the pastors of the foreign churches. Every city or town having a group of immigrants ought to have a definite plan for becoming acquainted with them, for acquainting them with what is best in American life and with the reasons why sobriety is an ideal of the best Americanism and how drink will handicap the new-comer.

We have neglected this work, except in spots, too long. The situation calls for systematic organization, planning and activity if the drinking immigrant is to cease being a reproach and a menace to the American temperance movement.

\*

### **The Babies' Death-Rate**

**A** REDUCTION of the city's baby death-rate from 133 deaths per 100 births, the average for the years 1906-1910, to 103 in 1914 is a record of which the Boston Milk and Baby Hygiene Association may well be proud, though, like all betterment organizations, it sees how much more could be done with adequate resources. From holding seventh place in the infant mortality rates of the ten largest cities in the United States, Boston's rate is now tied with that of St. Louis as next to the lowest. The report comments:

"Yet these rates seem large when compared with many other countries, such as Norway and Sweden, which have 72 deaths of babies under one year per 1,000 births; and New Zealand, with 51 per 1,000. It shows that only a beginning has been made to save the lives of babies now who die from preventable diseases."

It may not be out of place to note that Norway, Sweden and New Zealand are three countries having nearly the lowest per capita consumption of alcohol. F. Hahnel, of Germany, some years ago called attention to the fact that in Norway, for example, before the temperance movement gained headway the child mortality during the first year of life was 300 per thousand. Of course, other factors have had their influences in reducing this rate to one now lower than that of the leading cities of the United States, at the same time sections like Bavaria, Herr Hahnel pointed out, where there is heavy drinking, still have an excessively high infant mortality rate.

Since all observers charge alcohol in

the home with responsibility for infant mortality, it seems fair to infer that the lower rate in the three small countries named may in part certainly be due to the greater sobriety, while drink in our cities continues to foil the efforts of child savers in securing the best results.

\*

### **Mobilizing the Food Supply**

**T**HE question of Germany's ability to feed herself without drawing on outside sources of supply is the subject of an article in *Internationale Monatsschrift*, etc. (Nov.-Dec., 1914), by Prof. Max Gruber, of the Royal Hygienic Institute of Munich, which has also a bearing on the argument being hotly urged by liquor manufacturers, especially beer-makers, that these drinks are useful as foods. Professor Gruber concludes that, at the present rate of consumption in Germany, there is a deficit of fuel food substances, but that this could be remedied by a proper adjustment.

Thus, in the year 1912, the barley used in the production of beer represented 4,360,000,000 heat units, but the beer into which it was made (6,889 million double zentners) would furnish only 3,240,000,000 calories, that is, about 1,120,000,000 calories less than the barley. It is true, the barley might not have been totally used up; there might have been a residue of 10 per cent which was unconsumed. But, even then, there would be a loss of 68,000,000 calories. And this is allowing a fuel value for alcohol, which is only a poisonous substitute.

In the production of spirits, there is a still worse loss of food material. In 1912, 2,730,000 tons of potatoes were made up into whisky, about 5 per cent of the total year's production. This made 3,007,000 hektoliters of alcohol, which would furnish 1,688,000 calories, but the potatoes used in producing it would have furnished 2,602,000,000 calories a loss that would amount to 915,000,000 heat units.

The grain made up into spirits represented a further loss of 887,000,000 calories. Leaving out the loss from 631 tons of fruit, the professor finds a waste of 2,482,000,000 calories from the national dietary for the year 1912-1913 on account of the use of food material in the manufacture of alcoholic liquors.

# New Light On Problems of Youth

## THE INDIVIDUAL DELINQUENT

**H**IT-OR-MISS methods of dealing with adults or youth of un-social tendencies must eventually become a thing of the past when due consideration is given to all the factors involved. Without in the least minimizing the importance of individual responsibility, it becomes evident, as Dr. William Healy points out in his new work on *The Individual Delinquent*, that every person is partly his ancestors, partly the result of the conditions under which he develops physically and mentally, and partly the effects of his own reaction to his environment and to his own bodily and mental activity. The results of the study of the group of 1,000 repeated offenders presented by Dr. Healy is both interesting and deeply suggestive not only for those who have to do with youthful offenders who come within the processes of the law, but also for parents and teachers who have difficult children to deal with, since it necessarily indicates the necessity of more than superficial study of them in properly handling them.

The importance of close attention to youthful characteristics appears in the fact that practically all criminals begin in childhood or early youth. Of the inheritance of actual criminalistic tendencies little evidence was found.

Out of the 1,000 cases studied, distinct alcoholism appeared in the parents of 311 cases. Moderate drinking was not counted at all. "This proportion of 31 per cent more than obtains through all the series of 152 cases with criminalism in the family. In 86 out of the total of 152, i. e., in 56 per cent, parents were alcoholics."

## Alcohol and Defective Inheritance

Nevertheless, while the author agrees with others that "many drunkards are such because they are already defective individuals," he adds the necessary link in the vicious circle of inheritance in saying that "the general bearing of the findings so far unquestionably is that alcohol may be in many instances a directly

determining influence upon the germ cells and so fairly be regarded as a cause of defective inheritance."

"One may assert the probable correctness of the view of those who hold that an undue amount of alcohol in the circulation of either parent at the time of procreation may be a cause of degeneracy of the offspring."

Further contributions of alcohol to delinquency are found in ante-natal conditions when alcohol is taken by the mother; occasionally, in about 2.7 per cent of the cases, the young offenders were themselves users of alcohol, but many chances for defective development are found in the household of drinking people who afford their children a bad environment. . . .

## The Drinking Home as a Cause of Delinquency

"Considering the general question of alcohol in the environment we have one of the most striking causative factors of delinquency. We readily obtained the information about drunkenness in at least one parent in 21 per cent of our 1,000 cases and in 50 per cent of the cases where there was other criminalism in the family. It must be understood that this means drunkenness, not merely the moderate drinking which so frequently in a household makes for irritation and bickering and hard feelings, sometimes in turn leading to delinquency on the part of a child. In these latter instances it has not been quite possible to fairly determine the part which alcohol played, but it is a matter of general knowledge that in some individuals alcohol incites a quarrelsome disposition. . . .

"It should hardly be necessary to enumerate the different features of a defective environment which may be caused by alcoholism of the parent. The main defects are: Poverty, lack of control, neglect of proper nourishment, clothing or other conditions for children; crowded housing, with all its miserable physical and moral incidents; neglect of attention to schooling and mental and moral development; irrational disciplinary behav-



ior expressed in variations from indifference to great irritation, about small things; immodest behavior and use of obscene language on the part of a parent which we have frequently found to be one of the main causes of a girl going wrong; lowered moral inhibitions, quarreling and bickering and development of a grudge in the home. These latter conditions are not often thought of, but for anyone who studies individual offenders they stand out prominently as factors which decide careers of boys and girls. All these things and still others have to be reckoned with when there is alcoholism of a parent. . . .

### Alcohol as a Precipitant of Delinquency

"We could give instances of young men who have considerable industrial capacity, even though not quite up to normal in general intelligence tests, who could very probably maintain themselves in society if it were not for the temptations and results of alcoholic drinking. Particularly have we noted the disastrous combination of epilepsy and drinking. In these cases, whether or not the alcohol incites more frequent attacks, there is a marked lowering of mental and moral tone. Epileptics who, but for perhaps a moderate amount of intoxicants, might maintain themselves just above the border line of social incapacity and immoral living, become vagrants, prostitutes or other social outcasts. . . . Many of the troublesome drinkers who cost society dear are primarily inferiors, suffering from ailments or defects of mind or body, and alcohol just turns the balance against their maintaining themselves as non-criminalistic citizens."

### The Weak Made Weaker

The wide difference in the effects of a drug like alcohol when available to everybody in the community also appears.

"All physicians with experience in these matters have known those to whom a glass or two of beer is sufficient to create a topsy-turvy world of moral conditions. In court, we see unfortunately how the ugliest passions and most dastardly impulses, ranging from neglect of children to stealing and murder, have been aroused by the imbibition of only a small amount of liquor."

Dr. Milton J. Rosenau, in his new

work on *Preventive Medicine, and Hygiene* also emphasizes the dire social results of alcoholic environment. About 12 per cent of all first admissions to insane hospitals he believes are to be considered due to insanity brought on directly by alcohol. "It is likely that alcohol, as a predisposing or an immediate cause, is responsible for more than a third of all admissions to hospitals for the insane. . . .

"A man with a considerable degree of congenital mental defect is induced by some companion to take a few drinks of whisky, and he thereupon develops an episode of excitement which lasts several months. Alcohol is not the most prominent feature in such cases, perhaps, and yet if it is withheld, such persons might never develop acute mental symptoms. . . .

"The idea is spreading among psychiatrists that, in a world of drinkers, the alcoholic is an abnormal type. This does not in any way lessen the importance of alcohol as a cause of mental disease, but it shows the great necessity of throwing special safeguards about unstable persons in whom intemperance may lead to such disastrous results."

All this raises once more an important consideration as to the reasonableness of permitting the sale of alcohol if it is to add to the seriousness of race defects.

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### COMMERCIALIZED PROSTITUTION

THE connection between liquor selling and vice is strongly brought out in a new report of the Rockefeller Bureau of Social Hygiene written by the Director of the Chicago Vice Commission, Mr. Kneeland, under the title, *Commercialized Prostitution*. Among the evidence recorded on its pages are the following:

"The sale of wine and beer plays an important part in the prosperity of the 'parlor house.' Deprived of this adjunct, business falls off to an alarming extent. There is no difference of opinion among owner and madames as to the importance of the sale of intoxicating liquors." In some places a small bottle of wine is sold for five dollars. . . .

"Alcohol is needed to keep the inmates to their tasks; but even more essential from the business standpoint are the drugs."

"Disorderly saloons" are defined as

places "where indecent acts occur, where indecent language is used publicly, where there is open solicitation for immoral purposes."

The managers of these establishments are sometimes sober and industrious men. They have been selected by the brewers to open saloons because of their personal qualities; for they are hail fellows, well-met, "good mixers," who make and hold friends. But these qualities do not always go hand in hand with business sagacity. The "good mixer" soon finds himself in debt to the brewer who sets himself up in business. The iron-clad mortgage which the brewer holds on the fixtures hangs over the saloonkeeper like a menacing hand. He finds that he cannot make any money in the ordinary business of selling liquor over the bar; sales are increased if women of the street are encouraged to use the rear room as a "hang-out," where they can enter unescorted to meet men.

The pressure is passed along in some saloons by putting out the women who do not succeed in inducing their customers to buy liberally of the expensive drinks. "A girl must order fancy drinks here when she is treated," one of the girls told the investigator; "if she doesn't the manager orders her out and won't let her come in again."

While the book is devoted to exposing the business of prostitution, these side lights show how the business helps and is helped by the liquor business.

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#### SAFEGUARDS FOR THE CITY YOUTH

**C**HICAGO is fortunate in having a band of men and women in The Juvenile Protective Association who have interested themselves in condition under which thousands of the young people of the city toil and unjustly and unnecessarily suffer. The extensive investigations made by this association, now published under the title, *Safeguards for the City Youth*, are such a revelation of the results of indifference to the needs of young people on the part of the public, and of injustice to the innocent and helpless on the part of indifferent officials and unscrupulous money-getters, that they cannot fail of securing soon the public action necessary for the needed legal correction. Private or-

ganizations cannot secure these safeguards for lack of the necessary authority. They must be legally provided and must include protection in industry as well as in recreation; protection for the delinquent as well as for the dependent; protection against illegal discrimination and selfish exploitation.

The pages of the book are filled with individual instances, strongly appealing to the sympathies, illustrating the need of legal safeguards against conditions that lead to the moral loss and economic waste of thousands of young lives.

Among the influences against which the Juvenile Protective Association stands in knightly championship are the unscrupulous commercialized amusements, the cheap theaters whose pictures or plays suggest crime, the dance hall run in the interests of liquor-selling and prostitution, the slot machines and other chance devices that fasten the gambling passion upon children even before their teens.

The book shows how the excessive fatigue of overworked girls in department stores, restaurants and hotels leaves them an easy prey to the prowlers who tempt them with recreation and often with the food that their starved souls and bodies crave. It shows the injustice which many cases in the delinquent class receive for lack of proper safeguards. Thus a country boy on his way to the city to look for work, out of money, walking the last fifty miles, reached the outskirts of the city, where he fell in with a band of boys who were burning stolen goods. He was arrested with them and held in prison three months before brought to trial. Another boy, under similar circumstances, was looking into a shop window when two city boys came up behind him, broke the glass and ran away, leaving the country boy to be arrested, and held in jail for weeks awaiting trial. Often from the spirit of adventure, without criminal intent, boys commit offenses that lead to their apprehension. Legal provision for intelligent handling by proper officials would save most of these boys from the unjust or unwise jail commitments and consequent evil associations that educate them in criminality.

The investigations showed the need of legal provision for the detection of mental deficiency among young women who



fall into the hands of the police, as well as the need of police matrons. Immigrants are found to be a class that need legal protection against wrongs due to their ignorance of the language.

In securing the safeguards for the young which the investigations have shown to be needed, the Juvenile Protective Association counts much upon the aid that will undoubtedly be furnished by the newly enfranchised women voters.

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### THE DRUG HABIT AS A FACTOR IN CRIME

THE public knows little of the many duties developing upon its policemen will find considerable enlightenment in *Police Practice and Procedure* by Cornelius F. Calahane, Inspector in Charge of the Training School of the New York Police Department, as well as some light upon ways in which the private individual might co-operate in securing public order. For the actual or would-be officer, the book ought to be of very great practical assistance in intelligibly meeting the varied emergencies of his life. It is suggestive that most thieves are said to be recruited from young men loungers in cheap places of public resort like some candy stores, low saloons, pool rooms. Lack of parental supervision is responsible in some instances. Boys become careless and mischievous, stealing in small ways such as money or jewelry from drunken men.

"The drug habit is another of the contributing causes. Starting with a sniff to test the novelty of it, boys soon become addicted to the cocaine habit. Such drugs, besides injuring health, destroy moral scruples, and the victims are soon unable physically or mentally to compete in the strife for honest livelihood. They must have the drug to satisfy their craving and will commit any kind of a crime in order to get the money to purchase it. With their system charged with the drug they labor under false confidence and will undertake any crime."

Cocaine, heroin and other cocaine derivatives have been sold and distributed in New York by men who buy them for the most part from sailors of ships plying between New York and South American ports. They are sold to cocaine fiends in small pill boxes or tiny bottles and small paper packages, generally cost-

ing about 25 cents, called "decks" or "sniffs." These retailers make their headquarters in low saloons and small retail stores, where their customers call to make purchases. They are very tricky, and to prevent detection nearly always keep the drug hidden in some secret hiding place in the wall or floor or under the table.

\*

### THE WAYWARD CHILD

THE talismanic word *prevention* stands out boldly as the influence which led to a remarkable, thorough and practical investigation of the influences underlying juvenile criminality, and as the entire possible and effective way of diminishing crimes. Such a study has been made in a very thorough manner by a woman whose relation to child welfare organizations in various official capacities has given her access to wide sources of information. As president of the National Congress of Mothers and Parent-Teacher Associations, president of the Juvenile Court and Probation Association, collaborator in the Home Education Division of the United States Bureau of Education, and editor of the *Child Welfare Magazine*, Mrs. Schoff is able to draw from a wide field of experience. Her method of investigation has been to get directly from criminals the story of their lives and thereby the conditions that led to their downfall.

From the information obtained, now published in *The Wayward Child*, she has found: (1) Ninety per cent of the children brought into the juvenile courts [of Pennsylvania] "were normal children who were bright and who possessed the natural ability of more favored children; about 10 per cent were physically or mentally below normal. (2) The *causes* of juvenile delinquency can be summed up in a few words: parental ignorance concerning child nature, bad home conditions, community ignorance and the failure to provide for children's needs."

Mrs. Schoff finds the germ of our criminality in the wayward child, not an abnormal child, but one who has been warped by ignorant or vicious treatment or neglect, but who can be brought back to normal by opposite means.

The immediate causes given by the prison inmates who are appealed to for information, "in order to protect other

boys and girls," were: No work; need of money; bad company; drink; brutal fathers; domestic troubles; bad books and cigarets; too much money; fast women; gambling; boyish pranks; hunger; lack of home training, parental neglect; institution life in childhood; instruction in stealing by older people; cocaine and other drugs.

The means of prevention indicated are "to give to youth the desire and purpose to be honest, to teach self-control, to impart pure standards of life and to abolish liquor."

Among the special dangers mentioned are cigarets. "The victims of the cigaret habit are in danger of joining the ranks of criminals, for the habit controls them, and its undermining effect on character is known to those who have given attention to the subject."

In classifying the crimes that fill the prisons, more than half are found to be due to violations of the commandment, "Thou shalt not steal." The remaining and more serious crimes are against the person, "which give the courts half of their business and the prisons half their inmates. *Liquor* is responsible for a large proportion of these crimes. Most murders are not premeditated, but are the result of liquor and consequent loss of self-control."

#### Parental Drunkenness and Waywardness

On drunkenness in the parent as a cause of children being on the street where they learn evil, the author says:

"The number of children who are forced to leave home because of drunken parents mounts up into thousands every year. These children are thrust on the world without friends, without love, without care. . . . It is from these unloved children that crime receives its largest number of recruits. Neglected and without any touch of human affection in their lives, it is but natural that they become a menace to society."

One whole chapter is given to "The Saloon's Part in the Downfall of Youth," and the doors are opened into an inferno that equals anything imagined by Dante.

"One of the first steps to be taken for the wholesale diminution of crime must be wiping out of the saloon," is the bold shoulder-thrust at this institution. "It should not be permitted to continue its ravages under official sanction."

The chapters of the book deal with the crimes that fill prisons; how homes promote criminality; separations of parents; regulation of occupation for children; the homeless, motherless child; boyish pranks treated as crimes make criminals; truancy; the saloon's part in the downfall of youth; the state's method in the treatment of crime; reform schools as a part of the penal system; the place and work of the juvenile court; probation that will save wayward children; a children's charter for the United States.

This volume is one of the "Childhood and Youth Series," edited by Prof. M. V. O'Shea, of the University of Wisconsin, who says in the preface that the book will not only appeal to those charged with the immediate care and education of the young, but it will also be of service to theoretical students, because it will furnish a body of interesting and accurate material illustrating the results on juvenile conduct of all the dominant forces in modern city, village and country life.

\*

**THE INDIVIDUAL DELINQUENT.** By William Healy, M.D., Boston, Mass. Little, Brown Co. \$5.00.

**COMMERCIALIZED PROSTITUTION.** By George J. Kneeland, New York. The Century Co. \$1.30.

**SAFEGUARDS FOR THE CITY YOUTH.** By Louise de Koven Brown, New York. The MacMillan Co. \$1.50.

**POLICE PRACTICE AND PROCEDURE.** By Cornelius F. Calahane, New York. E. P. Dutton & Co. 242 pp., \$1.50 net.

**THE WAYWARD CHILD.** By Hannah Kent Schoff, Indianapolis. The Bobbs-Merrill Co. \$1.00

The foregoing books may be obtained at the Old Corner Book Store, Bromfield St., Boston, Mass.

\*

#### PEACE MATERIAL

THE AMERICAN LEAGUE TO LIMIT ARMAMENTS, 43 Cedar street, New York city, offers to send gratis to school superintendents, principals and teachers its printed matter specially prepared for debating upon the increase of America's military forces. Other material useful in the preparation of essays and orations on this subject is also offered by the same organization without charge.

The May number of **Normal Instructor and Primary Plans** (Danville, N. Y.) is filled with helpful suggestions for Peace exercises for the public schools. For older students see **The Fight For Peace**, Fleming H. Revell Co., N. Y. \$50.



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# Scientific Temperance Journal

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## The Vision and the Program

**O**ur vision is of a human race which is healthy, beautiful, strong, brave, wise, cheerful, full of broad social love, ambition and power. There are such people now; they are no miracle. They are merely advanced human beings, and the road they advanced on is open. Let us all advance. It is a vision of a world well cleared and cleaned and set in order; its forests guarded, its streams bordered with protecting turf and trees, its deserts irrigated, its swamps drained—a world suitable for human enjoyment. The program must be suited to each locality, the race and class and age and sex. It must make clear to each of us the connection between his or her own work, or the work of each little organization and this Big Feature. That is what we need for steady inspiration—to see how what we are doing connects with the whole great progress of the world.

—The Forerunner, May, 1915.

## Beer in the German Temperance Movement

BY GEORG ASMUSSEN

Chief Engineer of Blohm and Voss Docks, Hamburg

**I**N the forties, in Germany, the real alcohol enemy, the national enemy, was spirits. It is true there were not at that time the gigantic distilleries which today, with their equipment of the best and latest devices, pour mighty streams of potato-spirits into the nation. But there were in all the villages and cities countless little distilleries which had a similar disastrous effect. Spirits were the national beverage in the tavern and at home. Lager beer—at least in Middle and Northern Germany—was not to be had. The beer that was drunk was a brew with a surface ferment, like our domestic brown beer or small beer. Wine was too costly. The artificial manufacture of wine had not yet become so extensive and important an industry.

Today it is different. The stream of beer affects large classes of the people just as disastrously—brutalizing and stupefying them, luring them on to drunkenness and pauperizing the masses—as did spirits in former times. Today the line of demarcation between wine and spirits is not to be found either in practice or before the law.

Thus the abstinence of the earlier period must be judged by a different standard from that of today. This popular movement in Germany during the forties started to combat spirits by means of abstinence, and spirits alone.

Hundreds of thousands signed the pledge of total abstinence and joined the societies. The consumption of spirits decreased greatly, many distilleries were closed, and in innumerable houses and families the blessings of the movement were observable. The movement reached its height about the middle of the forties.

### Enthusiasm Insufficient Without Information and Organization

Then the rising tide was checked; soon it ebbed away. Only occasional feeble rills continued to trickle scantily where before powerful streams had forced their way, and only very meager traces have remained visible down to the present time. Later it was often said that the disturbances of 1848 and thereabouts were responsible for this; the work of peace could not hold its own before the clamor of revolution and war, the confusion and unrest. Of course, such times are always detrimental, and yet the real cause of the decline of the movement came less from without than from within. The inner weakness, the lack of organization, was chiefly responsible. Societies had been formed, but had not been well organized. The masses had been inspired with enthusiasm, but had not been taught, and it was not possible to make up later for what was lacking, or even to keep the mem-

bers together with any strong bond of union.

Wherever the cause of abstinence gained possession of the field, and actually reduced the consumption of alcohol, it was the thoroughly organized associations that accomplished something. Like a wedge, the Order of Good Templars, for example, supported and pushed by Scandinavian, especially Danish, workers, forced its way from the north into German territory. Although only men from the common people did the pioneer work, thanks to its excellent, nay, model organization, and its sound fundamental principles, the I. O. G. T. has already surpassed all other instrumentalities in membership and influence, in achievements and success, in zeal and financial resources for the prosecution of the work; and the advantage it has gained will become still greater.

### **Abstinence From Spirits Opened the Way for Beer**

But consistency, too, was lacking in the old societies. Men abstained from spirits, but drank beer. Even if the latter was at first "harmless"—as people like to say—it did not remain harmless.

In Schleswig-Holstein matters have taken a similar course in recent years. At first the Order of Good Templars in North Schleswig permitted the drinking of beer with a surface ferment, and in this respect, therefore, came very close to the old societies. But what was the result? I shared the experience and the struggle and I could tell the tale thereof, a very mournful one indeed!

Just as soon as any kind of beer whatever is allowed, the brewers see to it that there are as many kinds of beer as possible, containing from 0.1 to 7 per cent of alcohol. And who is to test these and discriminate? That is out of the question even for an official inspector, to say nothing of an association. In practical life, a distinction and limit can never be established. One drinks here this new beer, and there that, brewed by some obscure worthy or other; and the greatest disorder, hypocrisy, yes, drunkenness and disruptions are the result; for larger quantities make up for the smaller percentage of alcohol.

The very tenacity with which the friends of beer cling to this beloved draught is a proof of its dangerous effect. If the stuff were really "harmless,"

they would not have the craving for it, since it can lay no claim to tasting good, to be nourishing, etc.

And yet "harmless" beer in earlier years actually endangered an organization as strong as the Order of Good Templars. Those who were clear-sighted and intelligent perceived the impending danger, and took measures to avert it. Then there were disturbances and schisms, until we were rid of beer and beer-drinkers. But thereafter the Order of Good Templars grew stronger within and without. Inconsistency, yielding and giving way before the beer inundation would have been positively disastrous for us. We know this today; it is absolutely certain.

At the close of the forties, "Bavarian beer," "lager beer," was introduced into Middle and Northern Germany. It soon became more common, and was brewed in the larger cities and even in the smaller. The current was not checked; on the contrary, people hoped that beer would form a substitute for spirits, as short-sighted individuals still hope even today.

Thus was beer turned into the channel that had been closed to spirits. Citizen and official, the educated and the well-to-do, enjoyed their beer, and held aloof entirely from the movement as is shown by the membership lists of that time. "For laborers and the poorer classes, who were menaced with the evils of spirits-drinking, the abstinence societies were a very good thing, but not needed by the 'better classes.'"

Such views have come up again in somewhat different form, and still find defenders. While they prevail, it is, of course, impossible for a healthful public opinion as regards alcohol to spring up and grow strong, impossible for a revolution to arise that will seriously cripple the old superstition about alcohol, impossible for the drinking customs that are alcohol's best agents to be abolished. Such views are too convenient to be effective, too superficial and inconsistent to be able to serve as weapons in the conflict. We must have a sounder basis on which to construct a bulwark that shall hold its own against the forces of alcohol, and it must be defended with better weapons.

Whoever fights for his glass, his "moderate" glass of wine, with the Bible in his hand, and thinks that his "gospel



liberty" is threatened by abstinence; whoever, in order to cling to his glass, cites every possible pronouncement of authorities, good in other respects, but behind the times as regards alcohol, must learn first from his own experience that this beverage is immensely overestimated, and that this estimation is simply the result of prejudice and the power of habit. His cherished habit prevents him from recognizing the simple truth that narcotic substances, whether they are called alcohol, opium, morphine,

chloral, or anything else, can never promote the well-being of a beautiful body and mind, and to a weak organism can be only harmful, nay, very destructive. And whoever defends "temperance," or drinking customs, is cited as authority by the intemperate. Moreover, interested parties, as well as the press under their influence, make capital out of such defense, and thus consciously and unconsciously create a false public opinion.—Translated for THE SCIENTIFIC TEMPERANCE JOURNAL.

\* \* \*

## The Alcohol Question and Social Justice

BY CORA FRANCES STODDARD, BOSTON

**T**HIS Congress is a Council of War. It is a war for men and women and little children, for homes, for humanity. The disciples of the infinitely small are in it fighting the plagues of infectious diseases. The lovers of children are in it fighting for a sound parenthood, a healthy home, a proper mental, moral and industrial training. The conservators of the race are in it, fighting for such care of the unfit as shall protect them against themselves and protect generations yet unborn against their weakness. The apostles of a new social order are in it, demanding that men and women shall have a fair chance to live and work and enjoy the fruits of their labor under healthful and just conditions. Inefficiency, disease, misery, delinquency, crime, vice, degeneracy—these are the strongholds to which we lay siege on this better battlefield for human progress.

One very soon learns as we fight away along our particular lines of trenches that they are not mutually exclusive. The corps which attacks preventable disease finds itself compelled to cope also with bad housing and city sanitation. If you fight for the health of the child, you presently find that infant and child mortality has dug itself into trenches of heredity, untrained parenthood, badly or ignorantly kept homes, low wages of parents. If you are wrestling with the question of mental hygiene, you at once run up against false standards of living and amusements, immorality and drugs.

From an address at the Southern Sociological Congress, Houston, Texas, May 11, 1915.

If you attack any question of human welfare, sooner or later you are bound to find woven into the very woof and warp of the question the dark threads of alcohol.

### The Subtle Social Influence of Alcohol

In this day, one need not speak at length of the more obvious results of alcoholism. We well know that competent observers and investigators estimate that from 50 to 90 per cent of the crime with which our courts have to deal is directly or indirectly due to alcohol. We know that a certain amount of poverty is definitely due to the same cause. We know that there are misery, disease and death in the trail of this jolly comrade of an hour, which, by its false sense of exhilaration, may betray the user into all that is worst for himself and for society. This knowledge we may take for granted. I desire rather to speak of the social injustice which alcohol is doing in our midst through the subtlety of both its direct and its indirect influence which constitute it the great enemy of physical and moral health, not only of individuals, but of society as a whole and of the nation.

If our modern demands for social justice mean anything at all, they mean that there shall be a fair chance for all. They mean that the child shall not be unnecessarily handicapped in life's race, that the unfortunate shall not be made more unfortunate, that the poor shall not be thrust deeper into poverty, that the strong shall not be made weak, that the weak shall not be made either weaker or

a source of continued weakness to society, that the human race shall have a chance to free itself from deteriorating and disintegrating forces.

But what chance have we of carrying out this program in the presence of alcohol?

### **The Enemy Unveiled**

A quarter of a century or more ago, the scientists of the world began to turn to their laboratories to search out the true ways of this old companion of human sociability. With the scalpel of truth they have laid alcohol before our eyes, stripping it of its glamor, and revealing it as it is. They have shown us by actual demonstration that, far below the point of intoxication, alcohol impairs working ability, dulls the power of perception, decreases ability to give attention, impairs memory, tends to confuse the power of judgment, weakens self-control and self-restraint, lengthens the time required for choice or decision, or temporarily quickens muscular activity at the expense of accuracy.

Science has shown that these effects of alcohol combine to make the drinker more liable to accidents, that they diminish resistance to infectious disease. We have heard much said at this Congress about the germs which cause these diseases. But we have to have not only the seed but the soil. If the body's resistance is good, we do not contract the disease. There are also certain direct forms of organic or functional disease due to alcohol, especially those so-called "degenerative diseases" affecting the heart, liver, kidneys, diseases of middle life, and we all know that alcohol causes or precipitates mental unsoundness.

Given, then, the drink and the drinker, what are the possible outcomes from the standpoint of social justice?

### **The Loss of Adult Life**

We know, in the first place, that alcohol increases the national death rate. Even the most conservative estimate makes alcohol a factor in the death of one adult in every thirteen who dies, and in the death of one man in every seven and one-half men who die.

### **Shortened Life and its Social Meaning**

Again, we know that on the average the drinkers' lives will be shortened. . . All premature losses of life mean that society loses its men before they have made

adequate return for the expense of rearing them to the age of self-maintenance; it means in a certain proportion of cases that the drinker is taken from his family in the prime of life at the very age when he is most needed; it may thus mean poverty for the wife and children, a forcing of the wife into industry at the expense of the physical and moral health of the children. It may mean that the child himself has to enter the treadmill of industry.

### **A Cycle of Injustice**

The same point may be reached in another way. Here is a drinking father who *lives*, but his health or efficiency is gradually impaired by alcohol, earning capacity lessened. Add to this the waste of money on drink or the loss of time through drunkenness and once more poverty appears in the home, and again we find the child drawn into misery.

Here, then, is one of the vicious cycles of social injustice which tends to physical and moral deterioration. Whatever launches the child too early into industry starts this cycle going. Here is what we have in this case: Drink, poverty, child labor, the child's opportunity for industrial training or health and efficiency impaired; and, as a result, low wages when he reaches maturity, low wages in turn bringing poverty, and this poverty again may lead to drink, and the cycle of the next generation repeat the story, but on a lower plane.

Now the child first caught in this cycle was not to blame. He was the victim of an injustice which perhaps cannot be remedied at one stroke. *But at least the cycle could be broken at the point where alcohol appears in it.* Experience has shown that when drink is eliminated from a family or community these cycles of child misery where drink is involved are largely broken up. The alcoholic factor can be eliminated, and the child given that much more chance for development into a normal, healthful, rational life. Incidentally, he himself is then eliminated from those with whom and for whom agencies for social welfare must wrestle.

### **The Three Birthrights**

The child's birthright is to be well-born, well cared for and well trained. Wealth and position he may acquire for himself, but these three essentials are his due. I know there is a diversity of



opinion among students of heredity as to whether alcohol directly causes degeneracy in various kinds of offspring. But experiments on lower forms of life, simple cells, plant and animal life, and some anatomical and family observations seem to demonstrate that under certain conditions alcohol can so impair the life cells as to cause a deterioration of offspring manifesting itself in various ways. At all events, everybody agrees that at least alcoholism and degeneracy go hand in hand, even though the full extent of the relations of cause and effect are not yet wholly established in all respects.

But from a practical point of view, the alcoholic problem is a highly serious one for race soundness in any case—whether we believe that alcohol is capable of producing inferior stock, or whether we believe that alcoholism is itself an expression of inferiority, or whether both points of view are correct. If alcohol causes deterioration, under right conditions it may be responsible for starting a train of degenerate tendencies developing slowly from generation to generation, the full effects of which may not be apparent for several generations. Indeed, it seems a fair question whether the families in which some of these defects appear, and, frequently, mixed up with alcoholism, may not have the roots of this degeneracy far back in some drinking ancestry too remote to be traceable at present. On the other hand, given a person of degenerate tendencies, there is no doubt that alcoholism is easily acquired to the detriment of even such chance as the unfortunate may have to be at least a reasonably self-supporting member of society.

"We could give instances," says Dr. Healy in "The Individual Delinquent," "of young men, who have considerable industrial capacity, even though not quite up to normal in general intelligence tests, who could very probably maintain themselves in society if it were not for the temptations and results of alcoholic drinking. Many of the troublesome drinkers who cost society dear are primarily inferiors, suffering from ailments or defects of body or mind and alcohol just turns the balance against their maintaining themselves as non-criminalistic citizens."

The whole story is not told by statistics. Many a case of insanity, for ex-

ample, precipitated by alcohol, never gets into those records of 15, 20 or 25 or more per cent of admissions to insane hospitals due to alcohol.

### Injustice From Alcoholic Environment

Alcohol is unjust to the defective and unstable and to those physically below par because it preys upon weakness; it is unjust to society because it adds to the incompetency, derangement and disease which the sound members of the social organism must care for.

### Child Mortality

In the long run, it probably strikes its most vital blows at the physical and moral health of the child. How many times drink brings the white hearse to the door in the United States in the course of a year, no one knows.

Not many children die, presumably, because they use alcoholic drinks themselves, though not infrequently we hear of cases in which uninformed parents, especially among the foreign-born, permit or encourage such use. But death strikes the child largely through the parent. It may be as the result of vitality impaired by parental drinking habits. It may come through syphilis frequently contracted by the parent when under the influence of alcohol. Unhygienic home surroundings and lack of proper care are unquestionably the great causes of a high child death-rate, and these, in turn, may be the result of a parent's drink habit.

The Johnstown investigations in 1913 showed that the smaller the father's income the greater the proportion of babies who died in their first year of life. More babies were lost by the mother who had to piece out the family income by engaging in wage-earning work, partly because of ignorance and lack of care, partly because of unhygienic surroundings.

The *average* father today has none too much money with which to rear his family, even if wisely expended. In one Pennsylvania mining town, a company which employed 2,200 men found that these employees and their families were spending on the average about \$200 each for drink. Nearly 10 per cent of the men were off each month after each of the two pay days. They were not earning when idle in drunkenness. Put together the money spent for drink, the loss by this idleness and drink-reduced earning

capacity, and it is evident that this total loss will make a very material difference in the income and environment into which the children are born and in which they are reared.

The child death-rate is known to be higher when homes are overcrowded, the physique below normal. Yet figures collected in Washington and New York showed that even with the admittedly incomplete data obtained, on an average enough was spent to have provided a roomier home in each class of income, with all the hygienic and moral gain which this implies.

We miss an important point in the child mortality cycle if we ignore the factor of drink in producing conditions of vitality and environment fatal to life, or, at least, to the sturdy, vigorous life to which the child is entitled as a part of his birthright.

### Drink an Enemy to Moral Welfare

The third part of the child's birthright is that he shall be well trained. Moral health is often closely knit up with physical causes.

A former Judge of the Washington Juvenile Court stated last week, according to the public press, that 85 per cent of all the cases brought before him could be traced directly to the use of intoxicating liquor, largely, of course, by the parents, though he said the use of alcohol by the children themselves was not unknown.

The New York Society for Prevention of Cruelty to Children reported in 1912: "Reference to records of the society would establish beyond all controversy the fact that to the immoderate use of intoxicants by parents is largely due the great neglect, the suffering and grosser forms of cruelty imposed upon childhood."

The production of *wayward* children by the drunken homes mounts up into the thousands every year. Unloved, without friends, without care, it is not strange that these children find their way into crime.

Amusements commercialized by vice or by drink lure youth into recreation full of moral peril and almost certain moral and physical destruction.

The open saloon which tempts the boy or young man to begin the drink habit thereby puts a mortgage upon his future efficiency and starts him out with a se-

rious handicap into the industrial world where, as a victim of this habit, he may go the rounds of one of those dire cycles of cause and effect already referred to, and may project his family into untold misery.

All this is unjust to the child. He cannot choose his parents. He does not choose his environment that in most cases is the mould in which the pattern of his life is cast. And if he is neither well-born, well cared for, nor well trained, society has tied a weight to its own feet in the path to progress.

In view of all the facts, has not the time come to include the campaign against alcohol in all the varied movements for public health and betterment?

### More Popular Education Needed

A lengthened life and an increased efficiency are a matter of knowledge in the first place and the practice of prudent living thereafter. But how shall the people know the far-reaching dangers in the habitual use of alcohol if they are not told? And how shall those who are already dependent or weak be protected against alcohol as long as the ravages due to its sale are continued under public sanction?

The International Tuberculosis Congress a full decade ago summoned to the combat against alcoholism all the forces fighting tuberculosis because of the close connection between the two evils. Some gains have been made in this respect, yet even three years ago I looked over an important tuberculosis exhibit—one of the largest in the country—and the only intimation it contained that drink has anything to do with the perils of tuberculosis was a warning of two words, "Don't drink," away in a corner with some other "don'ts," with no hint *why* drink should be avoided. While we are teaching the people the reasons for preventing tuberculosis and how to prevent it, let us not be so absorbed with the matter of the germ that we give no attention to the soil, and the part which alcohol plays in preparing what a French scientist picturesquely called "the bed" for tuberculosis.

### Health Campaigns Should Combat Alcohol

Our mental and social hygienic campaigns, our work for reducing child mortality, for preventing all infectious diseases, for cutting down the death rate



from degenerative diseases, if they are to be fair to the whole truth must teach squarely the facts as to the possible results of using alcoholic liquors. The prevention of alcoholism in its various manifestations comes as much within the province of the medical health officer as do smallpox and typhoid fever. We work ourselves into a panic over smallpox, yet there are ten times as many deaths every year from straight, unqualified alcoholism, the alcoholism that is so obvious that it cannot skulk under any other name into the death certificates, as from smallpox.

The time has come when boards of health, local health officers, physicians in private practice, social workers in the opportunities given for tactful personal educational work, teachers in the public schools, and teachers in normal schools, must join hands in putting an end to this scourge of humanity. It is as much the duty of boards of health to give warnings as to the dangers in alcoholic liquors as it is to warn against impure milk and water or against the fly as the carrier of disease.

The cases in which the use of alcohol *seems* to do no apparent harm prove nothing to the contrary as regards concerted action for wiping out alcoholism. In the first place, such cases have not been subjected usually to the scientific tests to ascertain whether or not the alcohol is really doing harm. In the second place, many people have typhoid fever and do not die from it; but that fact does not make us lessen our attempts to stamp out the disease. We are told that a great many people have tubercular lesions at some time or other in the course of their lives, but they do not all die from tuberculosis. Yet this fact does not make us cease efforts to wipe out tuberculosis. It is the *possibilities* of these diseases that we are fighting.

There is no use or justice in putting all the burden for saving child lives on the mothers. By all means let us "teach mothers motherhood," but we must also teach fathers fatherhood, that they have some responsibility for the physical well-being of the child when born, and for providing just as far as they possibly can the necessities for its continued health and development. Fathers must be taught that they cannot afford to

drink, for the sake of their children, that a mother overworked, either because she has too large a family to care for or because the father's expenditure for drink compels her to endure unnecessary worries and economies, or even to earn money herself by outside work, cannot as a rule be expected to bear and rear healthy children; that money spent for drink cannot be spent for proper home, clothing, food and care.

### Practice as Well as Teaching

With education in the facts about alcohol must go example. Social drinking customs in all classes of society are the chief root from which the alcoholic habit springs. Frankly, the would-be moderate drinker, even if he seems himself to escape personal harm, cannot escape personal responsibility for the encouragement which his own custom gives to the use of alcohol by the public at large. Is it much to ask that, in the face of an evil capable of destroying health and efficiency, morality and good citizenship, you and I as individuals should commit ourselves unreservedly to the personal abstinence that will enable us without inconsistency to help others resist the temptation of social custom and to break the train of social evils of which alcohol is a potent part?

One other alcoholic force militates against public health. There is no organized industry for the sale of tuberculosis germs. Our people may be careless, but we have not yet come to the point where for a consideration we allow smallpox patients to roam at large to infect the susceptible. Alcohol as an enemy to public health is more firmly entrenched than any other, because it is commercialized.

### Prevention Better Than Cure

As soldiers of a new, healthful, happy society, let us apply to this particular health problem the same logic, the same sanity we apply to others. It is not reasonable or sensible or good economy to spend millions in caring for the results of alcoholism on the one hand and to encourage alcoholism itself on the other. Our courts, our hospitals, our insane asylums, our charitable agencies are spending millions of dollars and the priceless energies of thousands of lives in caring for the results of alcoholism. May this Congress be a call to the larger opportunity of prevention.

# Scientific Temperance Journal

Founded by Mary H. Hunt

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## Questions for School Officials

THE United States had, in 1910, 1,542,043 foreign-born white young people between the ages of 6 and 20 years. It received in addition, in 1911, 1912 and 1913, 376,913 white foreign-born children under 14 years of age. In the one year 1913 there came nearly 70,000 children under 14 years of age from countries where, as described in articles elsewhere in THE JOURNAL, custom early gives children alcoholic liquors, namely, Austria, Hungary, Italy, Germany, Belgium, Holland, to say nothing of nearly 20,000 more children from Russia, Lithuania and Poland.

This custom is by no means abandoned at Ellis Island. The discoveries of the survey of the Cincinnati Tuberculosis Society of the use of drink by children have already been referred to more than once in these columns. The Philadelphia *North American* last year reported a large number of children in the Philadelphia schools as more or less accustomed to the use of beer. Similar instances can be obtained from almost any teacher having any considerable number of foreign-born pupils. These children are likely to form an important part of our next generation of drinkers if they are not promptly taught better. Many of them are our future American citizens and voters. Most of them are to be future parents of a new generation of American citizens, determining the health, vigor, the type of citizenship and the morality of the nation. It is of the highest importance to the United States as a nation that these children should be so trained to sobriety that they can work

out their destiny for themselves and for our country, clear-brained and unimpaired by the demoralizing influences of drink.

The public schools do not reach all of them, but they do reach a large proportion of them, and, of all agencies, are the best adapted for helping these new young Americans to habits of sobriety.

In view of these facts, there are two fair and timely questions to be asked and answered:

How far are the schools of the United States measuring up in this respect to their opportunities and obligations?

How far are the citizens of the United States who provide the schools, insisting that these schools give the wise and thorough instruction about alcoholic drinks for which the laws have provided the opportunity and the obligation?

\*

Modern society in its struggle upward, searches for causes of the ills with which it is afflicted and asks concerning each, "What is the truth," not with the idle curiosity of a Pilate, but that we may have a rational basis for preventive action. Knowledge of causes becomes the basis of intelligent prevention, as prevention is the hope of permanent progress.

\*

There is considerable difference between knowing the magnitude of an evil and knowing the causes underlying that evil. From at least the days of Noah the world has known the evils of drink. But it is practically within our own day that we have begun to be able to trace, link by link, the chain of convincing casual facts to apply to the alcohol question the modern spirit of inquiry into causes, and, therefore, into means of prevention.

\*

No matter how deeply entrenched a wrong may appear, it is certain to fall eventually under the continued impact of well-established truth. Knowing, willing, doing—this is the process by which man and society progress. Man must be moved before he will act, but he must know before he is moved.

\*

"The man who demands a large measure of 'personal liberty' must be prepared to exercise a large measure of self-control."



## The Immigrant Child and Alcohol

There were 1,542,043 foreign-born young people between 6 and 20 years old in the United States in 1910.

How they may add to America's drink problem is shown by these articles on the prevalent custom in Europe of giving children alcohol.

## The European Custom of Giving Alcohol to Children

BY DR. A. CRAMER, GOTTINGEN, AND PROF. H. VOGT, FRANKFORT

**F**OR the child, any use of alcohol is an unwarrantable crime on account of the causative relation between the use of alcohol in childhood and youth and alcoholism.

External factors really begin to exert their influence before the hereditary factors cease to act. While the actual passing over of alcohol from the drinking mother to the foetus may be disputed, some influence in this direction is certain; we may cite the experiments of Nicloux as well as those of Delobel. In the same line is the danger to nursing infants from the milk of the drinking nurse (Delobel).

### Alcohol Early Given European Children

All these factors, however, are of less importance than the extensiveness, thoughtless and abominable custom of giving alcohol in any form to children of tender years. Mystical and superstitious ideas, indolence and lack of serious views of life, inability of the parents to give their children a good start in the world, here act together destructively. Nearly every country and every region has its own experience in this matter. I need only refer here to the *Schnuller* with beer and wine in Bavaria, to the Bohemian *Schlafsuppe*, to the Parisian *Canards*. Thus with every form of food for children is combined some form of administration of alcohol in increasing doses, until finally, when the children have barely reached school age, alcohol in a variety of forms is an indispensable addition to every meal, or it must even be made to serve as a food substance.

### Alcoholic Environment Unhygienic

Kassowitz has reported the bill of fare, consisting chiefly of alcohol, of a child not yet of school age, son of a drinking family. His daily quantity would not have seemed small to a regular toper. Instances of this kind are legion and they are known by sorrowful experience to every one of us. For ex-

ample, the innkeeper's children in the investigations of Förster in Dresden, or the wine merchant's family of Weygandt, where the mid-day meal was simply bread and wine.

The reasons for this direct administration of alcohol are to be found in numerous conditions which are rarely ever absent in the environments where such conditions prevail. Among those that may be named are the influence of alcoholism in the parents upon the lives and conditions of the children, the bad housing, the separations and divorces that are so frequent in the families of drinkers, bad example, poverty; first of all, however, is the physical factor of chronic under-nourishment in a household in which from 25 to 60 per cent of the income of the father is spent for beer, wine and spirits.

### Use of Alcoholics by School Children

The reports from schools as to the direct use of alcohol by growing children are first to be considered. Grotjatschkin has proved an immoderate use of spirituous drinks, although in very unfavorable conditions, among 30 per cent of the children of Moscow.

The well-known Vienna statistics showed, for the boys' schools, 32 per cent accustomed to the regular use of beer, 18 per cent to wine and 5 per cent to spirits. Walter and Scheu have found that only six-tenths of 1 per cent of the children in the schools of Swabia used no alcohol. Similar observations are reported by Heinecke and others.

In the intermediate and high schools the conditions are still worse. Moderate use of alcohol is approved and immoderate use practiced. There are numerous interesting works which illustrate these facts, such as the investigations of Wagner, Lorenzen, and especially the statistics of Keesebitter in Berlin, who mentions the startling fact that 43 per cent of the school children between 10 and 17

years of age drink beer regularly at noon.

Still another word concerning the use of alcohol as a medicine in childhood: All the alcoholic mixtures are particularly to be avoided which expressly tend to continuous use, "strengthening wine" for children, children's maltose, medicinal wine, etc. Kassowitz justly calls attention to the danger of administering alcohol in chronic diseases. For nourishment, stimulation, protecting tissue material, febrifuges or internal disinfection, to increase assimilation and elimination, etc., we have plenty of other well-established medicinal substances.—Translated for THE SCIENTIFIC TEMPERANCE JOURNAL from ALKOHOLFRAGE, No. 2, 1910.

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## Results of German Youthful Drinking

BY DR. MARTIUS, GERMANY

AS a result of the immoderate use of alcohol in families having but small incomes, much less is spent for food, shelter, clothing and training than would be possible but for the prevailing alcoholization. With many workmen, the sum spent for alcohol amounts to one-tenth of their income. For that reason the children, who particularly need good food, are injured in all directions, even if they do not themselves use alcohol.

After leaving school, a young man belonging to the industrial classes, is seldom abstinent, because he lacks the ability and determination to swim against the alcohol stream; because all that he hears, sees, reads and knows of life incites and favors his tendency [to use alcohol]; and, since he frequently has lacked care, oversight, training and breadth of education, it is a wonder that the young workmen are not more alcoholized than they are.

The result is made the worse by the fact that the power of resistance, even in the normal and healthy young organism, is not yet strong. Youth pays no heed to how he is lowering his physical health and mental working ability. When so many young workmen are slow in reasoning and defective in judgment, take pleasure in vulgar talk and indecent conduct, when they show themselves un-

From an address at the VIII. Congress Against Alcoholism, Vienna.

trustworthy, inconsiderate and rude, when digestive, heart and kidney diseases appear in early life, the immoderate use of alcohol is usually to blame for these mental and physical injuries.

In Germany in the year 1897, no less than 45,500 youths between the ages of 12 and 18 were sentenced for violation of the laws and at least 90 per cent of these criminal cases are to be attributed directly or indirectly to alcohol. From the mire of drunkenness the young workman passes easily to the mire of unchastity. Thus arises the army of the unfit, the loafers who live as parasites on the body politic. To indolently disregard this process is an inexcusable sin. There are, however, oases in this waste desolation of youth. The conditions are not so bad everywhere. But where they do exist they must be fought by society and the state.

The public school, and especially the generally obligatory training school, should call attention to the dangers in alcohol at suitable places in the instruction. Even a boy can understand that the sober man will outstrip the drinker, their conditions being equal, in the struggle for existence. The teachers' training schools must teach their students, as is already done in various Austrian crown lands, that it is the business of the trainer of youth to promote temperance by example and precept.

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## Italy's Story

THE Italian Temperance Federation conducted a series of inquiries in 1909 into the various aspects of alcoholism in Italy. Among others was an investigation of the drinking habits of school children. The results of the inquiry in Brescia have already been published (Handbook of Modern Facts About Alcohol). It showed that out of 3,999 pupils only 462 were abstainers and 2,021, more than half, drank wine daily.

At Milan only 16.7 per cent of the boys and 16.3 per cent of the girls were abstainers.

### Intoxication Not Infrequent

To the inquiry: How many pupils have you found intoxicated at least once, the Milan teachers generally answered "Many," without giving definite figures. Taking account of only definite answers,



the results showed 4.8 per cent in boys' schools, 11 per cent in girls' schools and 10 per cent in mixed schools, of children who had been intoxicated one or more times.

In support of the facts ascertained was testimony of teachers or school directors on the following points:

The example of the father destroys the efficacy of the word and example of the mother. There are fathers, workingmen especially, who take the children to the public house in the morning on holidays.

Children naturally are little inclined to drink. It is the parents who encourage them to drink.

It is not habitual immoderation but rather a disordered feeding, absence of a constant hygienic regime which characterize the Milanese working class. When talking of drinking, most children take pride in intoxication on the part of their parents.

Girls often detest wine and liquors because of the long stays their parents make in the public houses.

Parents do not always have the wherewithal to buy breakfasts for their children, but they always find a way of furnishing them with wines and liquors.

The better pupils are found among the abstainers. As to the wine-drinkers, or, still worse, the spirits-drinkers, they are slow and inattentive.

The pernicious habit of wine-drinking is shown by mental unrest and evident symptoms of physical tension.

Young girls addicted to the use of wine or liquors are the most inattentive, the least capable of profiting by the school lessons.

The results of the inquiry coincided with similar investigations in other countries. They especially confirmed those obtained in an official inquiry in Hungary (1909), which showed that there were very few schools in which there was an abstaining pupil, and the evil physical and mental results of the drink habit were very apparent.

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### Drinking by Austrian Children

**D**R. RICHARD FROELICH, of Vienna, reported at the Vienna Congress Against Alcoholism the results of an investigation of the use of alcohol by school children in Austria, undertaken in connection with school authorities. Reports were received upon 387,000 boys and girls in Vienna and outlying country districts. The results showed the following facts concerning the 191,719 boys in the schools:

#### Had Used Alcoholic Drinks

	Vienna Per cent	Country Per cent
Beer .....	92.5	89.4
Wine .....	82.0	91.2
Spirits .....	49.2	51.2

Even more important is the following table showing the percentages of boys between six and 14 years of age who drink regularly:

#### Drank Regularly

	Vienna Per cent	Country Per cent
Beer .....	32.2	12.3
Wine .....	11.3	20.4
Spirits .....	4.1	3.6

Lower Austria is a wine-growing sec-

tion, so the popular drink in the country was wine, and in the city, beer, and the children participated in the consumption.

In the girls' schools the conditions were about the same. The investigation showed that the drinking customs of the two sexes did not differ much in childhood, but became markedly different in maturity. These statistics, therefore, indicated that fully 92 per cent of the children in the cities had used at least beer and 32 per cent drank regularly. In the country districts 89 per cent had used beer and at least 20 per cent drank wine regularly. It will be seen that possibly these percentages even do not show the full extent of the drink habit, as some children may have used more than one kind of liquor.

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If we really want the new world, we must provide the new men to make it.—Richard Froelich.

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You cannot as a tax-payer figure out in dollars and cents the cost of impaired efficiency and health, honorable manhood and womanhood.

## Drink and Children in Belgium

By DR. O. FÖRSTER, BELGIUM

**S**INCE alcohol has made its entrance in the sick room it has overflowed into the nurseries, and it is in the latter that it exercises without hindrance its most fatal ravages.

Physicians often prescribe wine for indigestion or at the beginning of a convalescence for the purpose of stimulation or restoring strength. This has spread the notion that wine is a fortifier of the first order, and there has resulted a general practice of giving alcohol to infants along with their usual food from the time they begin to nurse. Sometimes alcohol is even given in place of food, when certain symptoms indicate that the physical development is below normal. Often the physician's prescription is not sought, and wine is the first remedy thought of by the alarmed mother, who believes that it must surely give the child strength and health, not as a medicine but as a food.

Take a look at a small family of peasants or artisans. Here one finds a small child pale and thin; he does not grow strong despite all the care lavished upon him, but is pining away, and must, therefore, have something to strengthen him. Naturally wine is first thought of among things that will bring him up. With increasing anxiety the parents perceive that their dear one is steadily growing worse. Finally, when they have lost all confidence in wine they decide to call a physician. The doctor is at first at a loss to explain the cause of the sickness; but he finally discovers a tall bottle of Tokay or Bordeaux wine.

What now is the harm that alcohol does to the child? In the first place, we must remember that a poison has a much more violent effect upon the tender organism of a child than upon that of an adult. Alcohol must be counted among the poisons. Its effects upon the adult are known. Drunkenness in a child one rarely meets, and when one does it rightly causes great indignation.

Professor Demme has cited a number of cases in which serious troubles of the nervous system, epilepsy, St. Vitus dance, etc., developed after a single intoxication with alcoholic drinks.

The effects of alcohol are much more fatal with children when it is taken con-

tinuously, even in small doses. Excitement, confusion and irritability are the first results of such doses. A neighbor is consulted, one of those people to be found everywhere who assume to know something about sickness, and she attributes the child's trouble to teething in children. The epoch of teething in children presents very little danger as a rule; otherwise children in their first year would be always sick.

The first symptoms after the use of alcohol are disorders of the stomach and are one of the first indications in the adult of the immoderate use of alcohol; with the child this effect is much more pernicious because the conditions are much more favorable for the disease in an unformed organism than in an adult constitution. On the other hand, if the digestion escapes with but little trouble, alcohol then gains time to attack other organs, such as the heart, liver and kidneys.

### One Way That Neurotic Constitutions May Start

Yet the worst feature of it all is that the child suffers necessarily in intelligence from this pernicious consumption, the harmful effects that alcohol exerts upon the child range from veritable idiocy to mere weakness of the memory. It is not without sound reason that many physicians attribute the progress of neurasthenia in young people in this country to the increasing use of alcohol.

Admitting even that children sometimes bear alcohol with very little inconvenience, in these days the parents are developing a taste for drink in the delicate organism of the child and this taste has reserved in store for them many future hours of anguish.

All this is enough to convince those who are willing to be convinced that the unconsidered use of wine for children is very fatal to the development of the young, and, in consequence, to an entire people.

The young are the hope of the future. If they are menaced in their physical and moral development, there will appear a generation incapable of maintaining itself at the height reached by their ancestors. On this question it is the mothers



who must be enlightened, because if there is one question that cannot be solved without the aid of women, it is the alcohol question.—*Le Bien Social*. Translated for THE SCIENTIFIC TEMPERANCE JOURNAL.

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## Starting a Good Brain

BY DR. A. FOREL, SWITZERLAND

THE brain of a new-born child is like an unwritten page. While still delicate and small, but entirely equipped with all the elements which it will possess, it stores up a memory in the course of life impressions of the outside world, but especially those impressions which other people by means of oral or written speech suggest to it. During childhood its individual elements are enlarged and strengthened, a process by which the whole becomes larger. It is a mighty task which is expected of every human brain in its development if it is to become a fully developed human being. Yet it is generally equal to this task if it is not crippled by bad inheritance and is not spoiled by wrong education or other evils.

Of all the evils which assail the youthful brain of our state of society, there is none which equals that of the alcoholic habit.

People differ so entirely from one another that it is difficult to say what the normal human being is or should be. But it is certain that in our state of society there exists a large number of more or less pathological brains, i.e. brains with a pathological disposition. It is further certain that the character and capability of a person depends chiefly upon the germ cells which he has inherited from his parents and forefathers. It cannot be doubted, furthermore, that, while it is easy to ruin a brain, it is, on the contrary, impossible to give it capabilities which it does not possess by inheritance. One only needs to look about to be shocked at the number of people who are in every respect deficient, incapable, sick, useless. A "super-man" (*Übermensch*) I never saw; but the world is swarming with "under-men." Socialism has the great merit of having directed the attention of the civilized world toward social questions. But unfortunately it has treated these questions

too one-sidedly as mere problems of digestion and domestic economy. The brain problem is at least as important, if not more important, than the stomach problem, for it is the brain alone which, in the present day, can solve the stomach problem. And a bad brain remains bad whether it is well or badly fed.

## The Brain Disturber

I beg you to remember one thing above all: That terrible ruin of tissue, that degeneration of mind and character which are found in all chronic narcotic diseases represent only the residue, i.e. the final result of a long and often-repeated process, the fine elementary beginnings of which have remained inaccessible to our methods of investigation which, relatively speaking, are still so rough. The most subtle reactions which at the very first betray the beginning of the poisonous effect of narcotics are the symptoms of narcotic intoxications and of mental disassociation, i.e. the very first effects of the stuff on the highest function of the brain by which the latter are distinguished from the normal reactions. A sharp line of distinction between this disorder perceptible only in functional activity and that already incurable effect of the chronic narcotic disease, can nowhere be drawn; all imaginable stages take place.

But the most malignant characteristic of narcosis is that it deceives men with illusions. While, so to speak, all other injuries to the body are uncomfortable and painful, and, therefore, are gladly avoided, narcosis, just because it cripples the brain, produces pleasant sensations something like an increasing paralysis of the brain. Any super-stimulation of the feelings is painful. But the force of this stimulation is exhausted by narcosis and feelings of injurious excitement such as intense cold or heat, pain, unhappiness, sickness, etc., are avoided. To the man under the influence of narcotics the world appears in rosy hues; he feels well and buoyant, is thoughtless, and enjoys life. The consequent unpleasant after-effects are set aside by renewed doses of the narcotic, and so he falls into the mire unconsciously, scarcely knowing how. When he does realize his condition it is generally too late.—From "Man and Narcosis." Translated for THE SCIENTIFIC TEMPERANCE JOURNAL.

# Public Health

## Health Officers Lining Up

THE March number of the SCIENTIFIC TEMPERANCE JOURNAL containing several pages on the relation of alcohol to public health was sent by the Scientific Temperance Federation, in pursuance of a policy of several years on the subject, to all state health boards and to health boards of cities having over 10,000 population, asking for action in education of the people in the facts about alcohol as a public health measure. Replies received indicated some degree of interest in the matter, and some publications received show that to some extent work in this direction is being undertaken. The director of health in one of the large cities of the Middle West writes that he proposes to begin it soon.

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At the annual conference of the **Indiana** health officers, May 12, at which about 200 were in attendance, a resolution was unanimously adopted declaring that physicians and health officers should join in the campaign against alcohol.

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At a meeting of the Ohio State Medical Association, May 7, the Health Commissioner of **Cleveland** was one of several influential physicians to organize the Ohio Society for the Study of Alcohol and other Narcotics "to meet the growing demand on medical organizations to educate the public as to the effects of the abuse of narcotics."

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THE **Louisiana** State Board of Health Railroad Car Traveling Exhibit includes charts and illustrations on the effects of alcohol supplied by the Scientific Temperance Federation.

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THE weekly Bulletin of the Department of Health of the city of **New York** (April 10, 1915) reprints from the Life Extension Institute Bulletin several paragraphs on the effect of alcohol on longevity.

Health periodicals issued for various outlying sections of New York city are containing popularized statements of the

effects of alcohol upon health. Within a few days, the announcement has been made that Dr. S. S. Goldwater of the Health Department is shortly to undertake a vigorous campaign against alcohol. He is reported as saying:

"It is no use for us to go on fighting disease and crime if we don't do something to abolish the chief factor in causation."

The report of Dr. Goldwater to the Mayor says on this point:

A committee has been organized to outline a definite program of educational work among all classes against intemperance. It is believed that diminution of the consumption of alcohol by the community would mean less tuberculosis, less poverty, less dependency, less pressure on our hospitals, asylums and jails. Intemperate drinking cuts into the support of the family. The drinking of parents weakens the vitality of children. Drinking mothers lose twice as many babies as do sober mothers. More alcoholism is found in the parents of feeble-minded children than in the parents of normal children. The children of drinkers develop more slowly and do poorer school work than do the children of abstainers. Alcohol impairs the tone of the muscles and lessens the product of laborers; it depreciates the skill and endurance of artisans; it impairs memory, multiplies industrial accidents, causes chronic disease of the heart, liver, stomach and kidneys, increases the death-rate from pneumonia, and lessens natural immunity to infectious diseases. The abuse of alcohol, therefore, constitutes an important public health question, and it is clearly the duty of the Department of health to lay the facts before the people.

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A RECENT English work names as "vicious circles" connected with alcoholism, disorders of the heart, stomach and mind, also poverty. In the last, "Lack of home comforts drives many a workman to the public-house, where he wastes the wages necessary to improve his home."



## Alcohol as a Public Health Problem

BY B. C. KEISTER, M. D., ROANOKE, VA.

THE alcohol problem, with its various important relations, is now commanding the attention of the world's greatest minds. Each decade sheds more light and reveals greater and more important data upon this unsolved problem. The best trained minds of the medical profession of all the leading nations of the world are giving this subject careful and deliberate study. Laboratory research has solved the problem so far as the physiological effects of alcohol on the human body are concerned. We know how susceptible each individual organ is to the deleterious effects of this narcotic poison. We know its action on the gray matter of the brain, the nervous system, its benumbing and paralyzing action on the nerve centers, causing incoherency of thought and speech; and while in this abnormal state, should the passion of anger become aroused from the simplest imaginary affront or insinuation on the part of a dear friend or loved one, assault with intent to kill is the usual outcome, all of which is due to acute poisoning of the intellectual powers of the brain.

All contagious diseases, such as yellow fever, cholera, smallpox, typhoid fever, tuberculosis, influenza, pneumonia, etc. when contracted by persons addicted to alcoholic beverages, are very much more serious in character, and the mortality is more than doubled, varying somewhat with the quantity taken and the length of time that each person has been addicted to the habit of strong drink.

Consider the mortality of pneumonia, that "nightmare" of the medical profession, a disease that defiantly stalks abroad in every clime, in every community and in every household, regardless of the ordinary sanitary precautions of municipal health boards. When this monster tyrant attacks one of our fellow-mortals who has been addicted to alcoholic beverages to any great extent, we may consider his doom almost in sight. His chances for recovery are decreased from 50 to 60 per cent, and when complicated by influenza or any other infectious or contagious disease, the mortality

is doubly increased. On account of the pathological conditions caused by alcohol the heart is weakened, the power of resistance is lessened, the pneumo-opsionic index is lowered, the phagocytic power of the white blood cells is destroyed, immunization is delayed, and as a natural sequence a horde of deadly micro-organisms swoop down upon the tender tissues and vital parts of the lung, and soon the curtain falls and the final breath is drawn.

What has been said of pneumonia and its increased rate of mortality in persons addicted to alcoholic beverages applies with equal force to typhoid fever, yellow fever, cholera, smallpox and tuberculosis.

Knowing these facts as we do, should we not, as conservators of the public health and benefactors of mankind, sound a note of timely warning to the laity, the officials of our municipalities and the state legislators, arousing them from their long sleep, to the vital importance of a more rigid regulation of the manufacture and sale of these destructive beverages? Or, for that matter, as a last resort and for the sake of humanity, make a clean sweep, wiping out of existence the entire traffic?

The alcohol problem should be viewed as a distinct part of the great public health problem and should receive its full share of attention from the public health department of our government at Washington.

Hygiene and public health are receiving more attention today from the medical profession, from the President of the United States, from sanitarians and health officials than ever before in the history of the world; and if in this great forward movement for sanitary reform and preventive medicine we deliberately ignore the alcohol problem, it will leave a wide gap for future generations to stumble over, ere this, *the greatest of all*, problem is solved.

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DIMINUTION in the consumption of alcohol by the community would mean less tuberculosis, less poverty, less dependency, and less pressure on our hospitals, asylums and jails.—New York City Department of Public Health.

## The Physician's Obligation

BY DR. JAMES M. PARROTT, RALEIGH, N.C.

CLOSELY allied in many respects to drug using is that arch enemy of the human race, alcohol. It is not my purpose to discuss the harmfulness of intoxicating liquors. There is not a doctor in the world who does not know that there is more harm than good in them. Every intelligent man knows that it is ten thousand times more destructive than war; that it has no food value; that it causes more crime than all other agencies combined; that it defies nature, curses God; that it lowers vitality, invites disease; that its deadly breath blows out the mental flame of one out of every four who sits in mental darkness; that, not satisfied with cursing homes, stabbing hearts, blighting hopes, damning souls, it shoots the forked lightning of its blasting cursedness beyond life as it lives into the future and takes its awful toll of progeny, even to the fourth and fifth generation. It is more to be dreaded than a mad dog. On every occasion it should be booted, and the boot thrown away.

As a medicine, in the opinion of our greatest doctors, it has practically no value. The great weight of scientific evidence leads to the conclusion that alcohol is an unmitigated evil. It is about to be, if it has not already been, eliminated from the pharmacopoeia. The figures gathered by our State Board of Health show that only about three-quarters of a tablespoonful per year per patient is prescribed by our best and highest class physicians. That it is not efficient as a medicine is easily shown by the fact that many of our best doctors never prescribe it at all. There are a number of cities in North Carolina in which it is not kept at the drug stores, and where no prescriptions have been written for it since state-wide Prohibition went into effect. When the Legislature permitted doctors to prescribe intoxicants for bona fide patients, it gave them unusual power and confided in them a fiduciary trust. This confidence must be kept inviolate. As long as this trust is reposed in us, we must not prove recreant to it. He who breaks it is worse than an Achan.

In view of our present knowledge,

From an address as president of N. C. State Medical Society, June, 1914.

why should intoxicants be sold even as a drug? In all reason, I can see none. Its last refuge in this good time is behind the cloak of the doctor. Knowing the high regard in which our profession is held, in the hour of its extremity, it cries, "Intoxicants are a good medicine and the doctors prescribe it." It is not a good medicine, and I for one want to see its mask stripped off. Let it stand forth in its true form, ugly and hideous, without a single vestige of virtue. The hour has arrived for us to put our stamp of disapproval upon liquor and thus drive it from its last lines of defense.

I earnestly urge that the society go on record as opposing the sale of liquor even on prescription. We as a profession are encamped in Gilgal and it is not enough that we disown any Achan which may be in our midst we must go further and render such an one impossible, if we hope to capture Ai. If we are to have Prohibition, then, in the name of truth and man, let it prohibit."

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## Access to Alcohol as a Cause of Alcoholism

THE question of how to deal with an alcoholic patient, whether by putting him in an insane asylum, a drink cure institution or operating upon his stomach, is one that may be left for the physician to decide. The question which concerns the social element is the means of prevention.

That alcohol causes alcoholism is the basal fact for the social worker to consider. Society has made up its mind what is called for by the corresponding basal fact that morphine causes morphinism. It puts morphine out of reach of the man who is not a physician or has not a physician's order with which to obtain it. A little dissemination of the knowledge that alcoholism is closely akin to morphinism will lead to similar measures of dealing with the cause of alcoholism.

Another fact which stands in the way of attributing alcoholism to inherent weakness of character is the large number of physicians who become addicted to morphinism. There is obviously no foundation for supposing that these physicians took morphine because they were inherently weak. They simply illustrate the power of a narcotic drug to get the



best of the individual who tampers with it. Physicians turn to morphine when they feel the need of something that will tide them over an unusual strain because they have easy access to this drug. The layman turns to alcohol because he has the false idea that it will brace him up and it is a drug to which he has easy access. Or he tampers with it by way of the social glass, because society has not yet thrown off the primeval custom of using alcoholic intoxicants.—Dr. J. W. Kenney, *Texas Medical Journal*, February, 1914.

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## Alcoholism and General Paralysis

BY DR. F. BOISSIER, BOULOGNE, FRANCE

THE documents upon which we rest our campaign against alcohol ought to be rigorously accurate.

The proven syphilitic theory of general paralysis today has destroyed the old alcoholic theory which was formerly held. But there is still more to it. Statistics show that the increase in frequency of general paralysis (in France) is exactly proportional to the increase in consumption of alcohol. The comparative graphs of these two increases give two perfectly parallel curves. I have often shown this diagram in my popular meetings and my opponents have sought to show that the theory that syphilis is the cause of general paralysis weakened my declaration, that this parallelism is due only to chance, and that all the tables that I was presenting must be similarly contestable in value.

While declaring that the syphilis theory is entirely true, I claim that alcohol has a real role in the production of general paralysis, and am going to show that if the diagrams of this paralysis and of the increased consumption of alcohol coincide, it is actually a tendency from cause to effect. I am perfectly convinced that alcohol alone can cause dementia, but that it absolutely cannot cause true general paralysis. Syphilis, on the contrary, is the only cause capable of producing general paralysis, but usually to accomplish this unhappy result it needs an assistant, and its collaborator is alcohol.

Address at VIII. International Congress Against Alcoholism.

Since 1891 I have seen and followed up more than 1,000 cases of general paralysis, in 95 per cent of which one could prove the existence of syphilis with certainty and assume it in the remainder. Three times out of five the syphilis had been contracted in youth during an alcoholic spree which had temporarily impaired the judgment and self-control of the subject, giving him over defenseless to bad counsels or to instincts which in a normal state he would have resisted.

Among these thousand paralytics I have not found one single abstainer. The majority were moderate drinkers. Some had been alcoholic for a time and had reformed; others, fewest in number, were still alcoholic. Syphilis stands alcohol badly; a syphilitic drunkard generally dies before he has had time to become a paralytic. But moderate doses of alcohol provoke brain and light nervous troubles in the syphilitic and head him slowly toward neuropathic conditions which are insidiously serious.

The lesions of general paralysis, as well as its early symptoms, are of a nature and form that alcohol, which has a special action upon the blood vessels and nerve cells, can only fatally increase, fix and make incurable, even when taken in light doses. The mere use of alcoholic drinks, therefore, favors development of general paralysis. The syphilitics who become general paralytics are pre-eminently those who use these drinks moderately but daily, and one can assert that the greatest service one can render to a syphilitic is to make him an abstainer.

Certain people are swept away by syphilis without a case of general paralysis ever developing and that because these tribes are sober. Dr. Vaisin and after him Dr. Scherb (Algeria) and other writers have studied the matter among the Algerian Arabs. Among the native nomads and those living in the country syphilis is universally widespread and general paralysis absolutely unknown, because, faithful to the Koran, these men never drink either wine or liquors. Among the city Arabs, on the contrary, where the proportion of syphilis is no greater, paralysis is often found, but always in those who break the laws of Mahomet as regards the use of drink. The same observation has been made among the Chinese and in the Abyssinian army.

In a word, the progress of general paralysis in modern civilization exactly accords with that of alcoholic consumption, because alcohol makes syphilis more common and aids in its development toward general paralysis; and it is the logical chain of events which makes the curves of syphilitic frequency and alcoholic consumption parallel. There is the association of an infection and an intoxication, as there is association of the pander and the saloonkeeper; hygiene and morals ought to combine against these two enemies. In the trilogy of modern evils, alcohol, syphilis and tuberculosis, alcohol is too often the father of the other two. It is upon it that the attacks should be begun.—Translated for THE SCIENTIFIC TEMPERANCE JOURNAL.

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## Preventive Measures Against Alcoholism

BY ALFRED GORDON, M. D., PHILADELPHIA

A USEFUL measure for decreasing and preventing alcoholism is propaganda in its broadest sense. Moral persuasion and conviction are most efficacious in that direction. The widest publicity concerning the effect of alcohol on physical and mental health should be considered as vital. The public should read and see the pernicious consequences of alcoholism. Lectures and clinics should be systematically organized and demonstrations given.

Propaganda against alcoholism should be particularly applied to young persons and children. The role of the physician is here indicated. It is he who comes in contact with families. As counselor in medical and hygienic matters he can use his great influence in various circles. Considered as a man of knowledge and experience he will be listened to. He can prevent parents from giving children their first taste of drink. It is he who controls the diet and hygiene of children. It is to him that the mother addresses herself as to the habits of her children.

Next to the physician is the children's teacher. But the teacher himself must be well informed as to the nature and dangers of alcoholism. He should have taken a special course in social hygiene in which the effects of alcohol should oc-

cupy a prominent place. Such a course should be given in schools and colleges, and the instruction should be given not only theoretical but practical. It is necessary that every youth leaving school should possess a fundamental knowledge of the effect of alcohol on tissues, organs, the nervous system, the mentality, and the offspring. From a tender age, the child should be thoroughly imbued with the idea that alcohol is one of the most obnoxious and dangerous poisons. It is the knowledge of what is true, useful and indispensable in life, that presents the most powerful weapon against the acquirement of pernicious habits or diseases. Imparting this knowledge imparts real scientific prophylaxy.

The public at large should be familiarized with the fact that one of the threatening features of alcoholism is depopulation not only quantitatively but qualitatively. It leads to a degeneration of both the individual and the species. It produces a slow and progressive individual deterioration and an intellectual and physical sterility of the race.—*Jour. Amer. Med. Ass'n*, January 17, 1914.

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## A CALL TO PHYSICIANS

A PHYSICIAN is a philanthropist; he knows it; it is a part of his life. If this working and philanthropic body of 142,000 doctors would, by teaching, work and example, attack the toxic drug habit, including alcoholic habits, as they have yellow fever, smallpox, tuberculosis, etc., the harvest for humanity would be more abundant than ever. Thirty per cent of the men and 10 per cent of the women admitted to state hospitals are suffering from conditions due directly or indirectly to alcohol. These people are worth looking after.—Dr. R. Broughton, Rockford Illinois.

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## ALCOHOL AND EPILEPSY

IN describing a method of treatment of epileptics recommended by Flechsig, Kellner states (*Munch. Med. Woch.*, April 27, 1915) that some cases are reported to show the seizure-provoking influence of alcohol; even half a glass of light wine may bring on an attack after months of freedom.



## Crystallized Public Opinion

**I**N connection with the Efficiency Institute held at Appleton, Wis., a few months ago, public opinion concerning alcohol was crystallized into the following statements signed by groups of leaders of kindred interest, teachers, employers and physicians, while the "Efficiency Pledge" was circulated for popular signature.

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### WHAT THE TEACHERS DECIDED

**WHEREAS**, The primary duty of the school is to train its citizenry for real life citizenship;

**Whereas**, Nothing affects so vitally the elements which go into the training of the citizen as do the ideals and the point of view of the parent and teacher;

**Whereas**, Nothing in life so impairs citizen-efficiency as does the use of alcohol; therefore, be it

**Resolved**, That we as teachers take every opportunity to present in effective and systematic form:

1. The Economic Waste due to the alcohol habit.
2. The Deteriorating Influences of alcohol on mind and body.
3. The Imprint of Weakness upon this and coming generations caused by the attack of alcohol upon the citadel of life—the brain and nervous system.

**Resolved**, That we urge upon all the young people under our charge the great necessity of their pledging themselves to total abstinence, in order to insure future efficiency, health and happiness, both individual and social.

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### EMPLOYERS ASKED EMPLOYEES TO STOP THE DRINKING HABIT

**T**HE following resolution was signed by employers during the week of the Efficiency Institute. Up to the time of its publication, when it bore the names of 20 firms (March 15), not an employer whose signature had been solicited had refused to sign, and it was expected that before the end of another week every employer in the city would be on the list of signers:

**Whereas**, In the opinion of the leading physicians of the United States it has been definitely established that alcohol taken into the system acts as a definite

poison to the brain and other tissues; and

**Whereas**, Such poison necessarily decreases the efficiency of the operator both physically and mentally, decreasing the quality and quantity of output and increasing the liability of accident; and

**Whereas**, The operator's value to the company depends upon output in both quality and quantity; and

**Whereas**, By the Workmen's Compensation Act the company is held responsible for any accidents to the employee, even when the employee is under the influence of alcohol; therefore, be it

**Resolved**, That the employee owes it to those dependent upon him and to his employer to keep himself in the best physical and mental condition;

**Resolved**, That, for our own protection under the Workmen's Compensation Act, we earnestly request that employes refrain from the use of all alcoholic drink.

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### THE DOCTORS JOINED IN CONDEMN- ING ALCOHOL

**T**HE physicians of Appleton joined the educational work against alcohol by endorsing the resolutions adopted a few months ago by the National Convention of Alienists and Neurologists.

As published, the resolutions bore the signatures of 23 of the 24 physicians of Appleton in the city at the time of the Institute:

**Whereas**, In the opinion of the alienists and neurologists of the United States, in convention assembled, it has been definitely established that alcohol when taken into the system acts as a definite poison to the brain and other tissues; and

**Whereas**, The effects of this poison are directly or indirectly responsible for a large proportion of the insane, epileptic, feeble-minded, and other forms of mental, moral and physical degeneracy; and

**Whereas**, The laws of many states make alcohol freely available for drinking purposes, and therefore cater to the physical, mental and moral degeneration of the people; therefore, be it

**Resolved**, That we unqualifiedly condemn the use of alcoholic beverages;

**Resolved,** That organized medicine should initiate and carry on a systematic, persistent propaganda for the education of the public regarding the deleterious effects of alcohol.

#### THE PLEDGE SIGNED BY THE PEOPLE

##### Efficiency Pledge

**S**CIENCE has pronounced alcohol a poison, which, used as a beverage, decreases human efficiency and becomes the fruitful cause of disease, vice and crime. Having resolved to live the physically, intellectually and morally efficient life, I solemnly pledge myself to abstain from the use of all alcoholic liquors as a beverage, and to do all I can to induce others to abstain.

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#### THE PHYSICIAN'S MESSAGE

By DR. M. J. SANBORN, APPLETON, WIS.

**E**XPERIMENTS demonstrate beyond any reasonable doubt that alcohol, taken regularly or irregularly, in large or small amounts, decreases the mental, physical and moral efficiency of the individual to a degree which, aside from the money cost, puts even the moderate use of alcohol beyond what the individual ought to afford.

The verdict of modern science is that alcohol is a subtle narcotic poison which decreases the worth of any individual, and which, if used regularly, creates in him a disease called alcoholism. It affects not only the drinker himself, but renders him unfit for parenthood, as it imposes physical and mental handicaps on his offspring. It makes men liabilities rather than assets of the state. Knowing this, we must agree with Prof. Fick, of Wurzburg, when he says, "The fight against alcohol is the most important phenomenon of our epoch, weightier than all state affairs and concluded peaces."

Let us join Prof. Wilhelm Weygant in the vision that "If really for once the whole human race of mankind should abstain from alcohol for 30 years, so that a completely sound generation could come into existence, there would result a transformation, a heightening of the happiness and the welfare of men, which could easily be placed beside the greatest historical reformation and revolution of which we know anything."

Let us all help to bring this vision into reality by living up to the very best light that we have on this alcohol question.

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#### SOBER MEN ONLY FOR RESPONSIBLE PLACES

**A**T a session devoted to safety during the Industrial Welfare and Efficiency conference at Harrisburg, November 17-19, 1914, A. H. Schultz, safety inspector of the American Steel and Wire Company, of Pittsburgh, emphasized the suggestion that "only sober, trustworthy men be placed in charge of conveying machinery, such as cranes, and stated that promotions in general are now dependent on sobriety."—*The Iron Age*, November 26, 1914.

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#### HOW ALCOHOL PINCHES THE NEW YORK EMPLOYER

**T**HE employer under the New York compensation law is liable for the compensation in every accident, regardless of the cause, unless it can be proved that the accident was solely due to the intoxication of the employee, or that he willfully caused the accident. You will appreciate that the chances of proving that an accident was solely due to either of these causes is very remote, so that it practically means that compensation must be paid regardless of the cause of the accident.—*The Iron Age*, November 26, 1914.

"Because two fingers of red liquor can turn a ten-million-dollar safety block signal into a ten-million-dollar waste of money, Rule G was framed."  
—Rufus Steele in "Keeping John Barleycorn Off the Train."

#### RULE G

"The use of intoxicants by employees while on duty is prohibited. Their use or the frequenting of places where they are sold is sufficient cause for dismissal."—American Railroad Association.



## The Nation's Responsibility to Its Youth

BY MRS. FREDERIC SCHOFF

**S**CHOOLS have done much to educate youth concerning alcohol and the result of this education has been shown in the enactment of Prohibition laws in many states. The young men are demanding the abolition of liquor. In Tennessee Prohibition laws were sustained over Governor Patterson's veto. Since that time Governor Patterson has renounced in the strongest terms his views as to "personal liberty" when applied to liquor, and he now urges the government to prevent its manufacture and sale.

The refusal of large business houses to employ men who drink has been another blow to the evil. For the protection of childhood and the salvation of youth liquor must cease to have the sanction of law in undermining homes and destroying and blighting human lives.

Three hundred thousand earnest women have worked for 40 years to remove this menace to youth. As mothers and home-makers they have fought for the protection of the home. Mothers and home-makers suffer equally with those who are slaves to the habit. There is no sorrow greater than that suffered by a wife and mother who sees the father of her children a drunkard and a criminal as the result of liquor. There is no sorrow greater than that of the mothers of men and women who are in prison as a result of their use of liquor. No financial gain on the part of the liquor dealers and manufacturers can balance the loss, the sorrow and misery, the crime that the world suffers as a consequence of the use of liquor.

### Governmental Inconsistency

The income derived by the government from this death-dealing industry is more than covered by the expense of the prosecution and imprisonment of those who succumb to its influence and so become law-breakers and criminals. If governments are formed for the protection of their citizens they cannot command respect and at the same time accept revenue which comes at the cost of the physical and moral degradation of these same citizens.

### What the Alcoholic Environment Does

Saloons with official licenses meet the

eyes of youth everywhere. In the smallest towns the proportion of them to the population is often greater than in the largest cities. No home can protect children from this danger, for it is ever present. Every saloon is given official sanction to undermine homes, wreck families and ruin the lives of untold thousands. The city, the state and the nation owe protection to youth. Instead of sanction being given to the sale of liquor in saloons, the whole traffic should be abolished. It is the foe of those who specially need protection. Those who have no home life, who are away from home influences or who live in congested districts, are often led through their social instincts to the only bright, warm place where a welcome is always given. Boys emulate the example of the men with whom they come in contact. They drink because others do it. The craving for drink does not come until the habit has been formed, and often before drink has become a habit—the first time a boy has taken too much—he commits some offense which mars his whole future.

### The Saloon or the School

"I had no trade and saloons and dives were my only places of recreation," says one young man now in prison as a result of his use of liquor. This is a condition which should not exist anywhere while there are school-houses which are closed and dark every evening and which best offer themselves as places of recreation. They are dedicated to youth. They should serve the needs of youth in as many ways as possible. Every village and town has its school-house, and every school-house should have an assembly room in addition to its room provided with desks. Schools which have no assembly room should be fitted with movable desks. Libraries can be obtained for schools with little effort, and games can be provided. A cheerful room, pleasant companions, warmth, light and a welcome would make this meeting place a powerful competitor of the saloon. The expense should not be considered, but the end it will serve. Such a plan involves the employment of at least one man or woman to be present every evening, to care for and direct the activities of the young people who come. This

duty should not be added to the teacher's burden. The National Congress of Mothers' and Parent-Teacher Associations can give information and help in regard to this valuable use for school buildings. This association can be reached in Washington, D. C., in Room 910 of the Loan and Trust Building.

#### Y. M. C. A. and Y. W. C. A.

Through co-operative effort Y. M. C. A. and Y. W. C. A. buildings as well as church buildings can be made into such attractive meeting places as to drive the saloon out of business. A definite count of all the saloons in a district can be made and through the co-operation of the schools, churches and other agencies for public welfare, the power of the saloons in that district can be made of no account by the substitution of something better.

A man who is interested in learning why men are in prison, he himself being a prisoner, says: "Statistics of this prison show that 80 per cent of the men confined here owe their downfall to the American saloon, or, in other words, to whisky." "Closing the saloons would stop nine-tenths of the crime now committed," is the opinion of another, who

adds: "Liquor is the entire cause of my being in prison." An American man who has spent years in prison, and who attributes his downfall to liquor, says: "The government ought to be held responsible for all crime committed under the influence of drink while it licenses the saloons." Another prison inmate who in his youth was deprived of right influences, but who in the quiet hours of a long imprisonment has had much time for thought, writes: "If schools would instruct children about the curse of drink I believe there would be less crime among coming generations. God grant there may be. It's hell."

It is a serious question whether one group of citizens has a right to manufacture and sell any product which is as prejudicial to youth, to homes and to society as liquor has proved to be. "Lead us not into temptation," is a part of the Lord's prayer. It is a prayer that law-makers must consider if they would prevent the misery that has broken up countless homes and turned thousands of children adrift. They owe it to youth to remove as speedily as possible the source of such a large proportion of crime.

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### Drink Without Thirst

BY DR. MAURICE LEGRAIN, PARIS

**O**F ALL creatures man alone inflicts upon himself such punishment as gorging his stomach with liquids when he is not thirsty, a misapplication of nature's measure for protection.

Thirst, hunger and fatigue are three states of suffering, but they are also three safety devices.

Fatigue is a painful sensation which warns us to stop work because the body has become overcharged with injurious products which are the results of the work and cannot go further without risk of poisoning. It is like a stove in which one has started a fire without taking time to clear away the ashes. In our bodies, resting is clearing away the ashes.

Hunger is another signal. Painful sensations localized in the pit of the stomach tell us that our losses are not compensated by our gains. We have expended more than we have received. It is time to balance our ledger, that is,

to eat. To ignore the warning is to increase the discomfort, and every one knows that to postpone the hour of eating makes us liable to a headache.

Thirst, in its turn, is the good tyrant that makes us suffer in order to compel us to replenish our boiler when we have used too much water. I said too much *water*, that is, the liquid which forms from seventy to one hundred pounds of our bodies, the fluid which bathes all our organs, constitutes the greater part of our living material, circulates with our blood. None of the interior processes of our bodies could go on without water.

It is, therefore, more important in the case of water than in the case of other things that we should be warned by thirst to take it to restore the balance in our reservoir. To resist this command is to suffer. The poor fellows who have to march under the rays of an African sun know the frightful pain caused by deprivation of water. This is what na-



ture needs. To lave our cuisine with wine or beer would be as silly as watering a plant with these "hygienic" drinks.

Because fatigue, hunger and thirst are needs, the suffering they cause all living beings is useful. They are the three principal barometers of health.

And what conclusions are drawn by those who know how to read the barometer? Rest when tired, eat when hungry, and drink when thirsty. To drink when one is not thirsty is as illogical as to pour water into a boiler when it is full.

The plant in a normal condition has thirst, only more obtuse than other sensation. Why? Because it is in a continual state of balance. It takes only as much water as it loses. It is mathematical.

The needs of the animal are more irregular because it roams and works like a mechanic. If it is very warm it loses a great deal of water and therefore drinks. Instinctively it stops when the boiler is full. When at rest it does not drink. One may put its nose into the most limpid and delicious water, but if it is not thirsty it turns away. But when it has been running, working, or has been chased, it eagerly drinks even unpalatable water, because the need of water is imperious.

Here man is inferior to the animal. He does not know how to eat or to drink. He eats until he has indigestion or is sick. If he is not hungry, that is, has no need of food, he eats all the same and excites his appetite artificially. He eats because it is mealtime and not because he has listened to a call of his body for food.

But in drinking he goes to the limits of absurdity. Under the supposition that this all passes away of itself he inundates his stomach at all hours of the day and night, before meals and between meals, with or without thirst, for pleasure, for vanity, for show. In this respect man is below the lowest of beasts.

Man drinks without thirst, and then he continues to drink because he creates for himself an artificial thirst. We must not think, however, that this may be done with impunity. If it amuses society to transform itself into a filter, the amusement is not an innocent one. All the poor little cells of the body, constantly

annoyed by a useless liquid, are suffocated, and work badly. They end by degenerating and dying. And what about all those tubes (blood vessels) perpetually engorged, distended and full to bursting? The heart, which is the central engine for keeping up the flow, does all it can to drive the tide onward. It enlarges like the biceps of athletes, by exercise. The Germans have a special name for these enormous hearts, "beer-hearts." These enlarged hearts give to the arteries the formidable stroke of a battering ram, and the time comes when the pipes burst—the drinker has a stroke of apoplexy.

There is only one thing to do: Drink when one is thirsty and give the body what it needs, that is, water. Regulate living so as to satisfy this desire. Our social life is the source of all our errors. It is in perpetual contradiction to natural life. Hours for meals have been invented as if the needs of the body were something to be regulated. It is a custom which it is difficult to oppose, but it is possible for us to take food only when we are hungry and drink only when we are thirsty.

In any case, banish all use of alcoholic drinks, the cause of useless expenditure and of sickness.—Translated for THE SCIENTIFIC TEMPERANCE JOURNAL.

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## THE AIM OF AMERICAN EDUCATION

WHEN it is remembered what vast and crude imported materials they (the schools) have had to deal with, the wonder is not they have done so little to decrease crime, pauperism, divorce, intemperance and other evils; the wonder is that they have enabled us to preserve our institutions and make some progress worth mention. If they have not brought in the millenium, they have lifted millions of crude refugees from European poverty and despotism to the hopeful beginnings of American citizenship. And while we cannot boast a multitude of intellectual giants, it must always be remembered that the supreme object of American education is not so much to make a few great scholars as it is to develop and ennoble the general life of the common people.—Dr. J. H. Crooker in *American Ideals in Education*.

# What Recent Books Say on Alcohol

## HOW ALCOHOL ENTERS INTO HEREDITY

THE story of recent studies on heredity and development of man was inter-presented in the N. W. Harris Lectures at Northwestern University in 1914 by Edwin Grant Conklin, professor of biology in Princeton University, now published in book form under the title, *Heredity and Environment*. It is no dry, scientific treatise, but is prepared for the untechnical lay reader, leading through the modern scientific views of heredity, the influence of environment to the practical questions of the control of heredity, the relation of heredity to human will and responsibility for self and to society.

Bearing upon the relation of alcohol to heredity are the paragraphs dealing with the effects of physical or chemical influences upon the germ cell.

There may be modifications of the germ cell *before fertilization* which "may produce marked changes in the development and even in heredity." Unusual conditions in temperature have been found to produce new races in the potato beetle. Similar results followed the use of radium on plants. "MacDougall points to the conclusion that chemical substances may influence the ovules so as to change the heredity character of the plants. . . . Stockard finds that the influence of alcohol on the spermatozoa [of male guinea pigs] is as deleterious as when acting on the ova, and that it produces sterility or greatly reduces fertility, a great excess of still-births and weak and sickly offspring. . . . Kertwig concludes that the great prevalence of the drug habit may seriously affect the germ cells and their subsequent development.

"Environmental changes acting upon the oosperm *after fertilization* or upon the embryo may produce an almost infinite variety of abnormal types of development, but, so far as known, none of these modifications become hereditary. Changes in hereditary constitution take place in the main before fertilization. . . .

"Whitney found that rotifers poisoned with alcohol were weaker in resistance to copper salts and were less fertile than

others and when brought back to normal conditions the first generation was weak, but the second was normal. In man also alcohol may have an induction effect on offspring, but it does not seem to alter hereditary constitution. . . . Germ cells may be poisoned with alcohol or modified by temperature and such influence be carried over to the next generation without becoming hereditary."

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## WORKING CONDITIONS AND OPPORTUNITY AS RELATED TO ALCOHOLISM

A NEW work on occupational diseases, "the first of its kind to be published in this country," by W. Gilman Thompson, M.D., has lately appeared. It is in six parts, dealing with the history, classification, general pathology and etiology; general remedial measures; diseases due to irritant substances; diseases due to harmful environment; special occupational diseases; the influence of special conditions on the occupational diseases; miscellaneous occupational diseases.

The sixth is a noteworthy chapter from the fact that the author has given a distinct and separate place to a discussion of the relation of alcoholism and tobacco to the occupational diseases, together with syphilis, choice of foods, of non-alcoholic stimulants and drugs. Special mention is also made of these substances in connection with the disorders in which they are specially involved as causes, such as the danger of alcohol in lead working, and as a factor in sunstroke.

"The relation of chronic alcoholism to occupational diseases is a very important matter, and it is desirable to determine in the first instance whether any of the occupations predispose to drinking habits.

"Those constantly exposed to excessive heat, such as glass-blowers, stokers, smelters and rubber workers, perspire very freely and become consequently thirsty. If they drink the malted liquors primarily to quench thirst, they soon drink too much, and, in these classes of workmen, drinking is rarely confined to the milder intoxicants. Beer



brewers, mainly from easy access to the product, and especially beer wagon drivers, consume enormous quantities of malt liquor, often received as a perquisite in the saloons where they deliver their casks. I have seen many such men with dilated stomachs, chronic nephritis, and a tendency to obesity."

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#### THE FIELD OF SOCIAL SERVICE

THE time is coming when we shall be constantly asking, and our public and private agencies must be ready to tell us, what are the individual and social ailments or defects that we are paying for in carrying the burden of poverty, says William H. Pear in *The Field of Social Service*. It is important that we should not only know how many persons are aided and what it costs, but the significant fact should be pointed out that the community is really paying for need occasioned by certain definite and perhaps eradicable ills. When our social physicians begin to tell us that tuberculosis is a serious factor, if not the prime cause, in 14 to 18 per cent of the dependent families; intemperance in 20 to 24 per cent; desertion or non-support in 15 per cent; occupational disease or accident in 19 per cent; then we are beginning to get at the heart of the matter. When we are told not merely how many widowed mothers have been given pensions, but *why they are thus dependent*, and what we might do to prevent the action of preventable causes, we shall not continue to have the same complacent satisfaction in the report of how many the community is helping. We shall instead go forth on the mission of prevention, informed and with a purpose.

Once let social workers possess this sense of the possible economic value of their daily task, and every need, every ill they see, comes with a double challenge.

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#### INDUSTRIAL HEALTH HAZARDS AND ALCOHOLISM

THE Ohio State Board of Health has lately issued its report upon an "Occupational Disease Survey," dealing largely with the hygiene of the work-place of the laborer and the extent to which health hazards have been found to exist in the principal industrial pro-

cesses of the state. It has been a serious effort to *get back* to what may be called the *primary diseases* whose symptoms receive little attention when they are easy to cure and control, but which often end in death from what are recognized as degenerative diseases of the heart, lungs, kidneys, etc. The Survey, therefore, looked for conditions that might be termed health hazards, i. e., conditions of manner of working unnatural to the physiology of the person engaged. The health-hazards considered in the Survey were dust, dirt, dampness, darkness, devitalized air, temperature, fatigue, inactivity, poisons, infections.

#### Alcoholism Promoted by Unhealthful Conditions

"As an aftermath to the above," says the report, "it is necessary to mention industrial *stimulantism*, which is usually alcoholism, coffeeism, or drugism. *Stimulantism* is promoted by subjection to one or more of the above health-hazards; or by the absence of good drinking-water; or by a tradition among the workers in certain lines that alcoholic liquors tend to stimulate them and to protect them from the effects of poisons, gases, dusts or hard work to which they may be submitted; or by the fact that the employers promote alcoholism among their workmen by permitting the drinking of intoxicating liquors while at work; and, finally, by the fact that there is an absence of a welfare attitude, or an industrial efficiency department in connection with the establishment. Coffeeism, in females, may represent alcoholism in males."

While the term "stimulantism" is perhaps a misnomer as applied to the use of alcohol, because, as the Life Extension Bulletin recently stated, "Alcohol is no longer regarded as a brain-stimulant, but as a narcotic, a deadening drug similar to ether and chloroform," the sense which it is used by the Ohio Survey is evident. It refers to that desire for *something* which will remove the sense of discomfort arising from certain industrial conditions which the Survey names, and the effort of the Survey in this direction was to ascertain *how far* these other conditions might be responsible for inducing the alcoholism. It did not attempt to discover how far alcoholism itself was responsible for ill-health, except that where it existed it of course contributed

proportionately to ill-health. Hence, alcoholism becomes both effect and cause of industrial health risks.

The report thus does not blink at the fact that alcoholism may directly endanger the worker's health, though the author, Dr. E. R. Hayhurst, thinks too much importance is usually laid upon it as a cause, and that more attention should be paid than is now given to those conditions in the trades which encourage alcoholism.

### Another Angle of the Problem for Employers

Certainly, the employers who are endeavoring to have "safety men" as well as "safety things" in protection against the losses from industrial accident must in all fairness consider whether they are doing everything in their power to promote sobriety by making the surroundings of the workman as healthful as possible. There would seem to be no reasonable excuse, for instance, for not providing in a hygienic way an abundance of good drinking water, yet this supply was inadequate in many of the plants studied in the Ohio Survey. The experience of employers here and there in this country and in Germany shows that provision for securing good, non-alcoholic drinks goes a long way toward cutting down the temptation to use alcohol and the attendant results.

The statement that "too much importance is usually given to alcoholism with

a failure to appreciate that subjection to industrial hazards in itself induces and promotes stimulantism," may be quite true, but it is picked up by Mr. Hugh Fox, of the United States Brewers' Association as an argument in an ingeniously written article in the *Manufacturers News*, attempting to minimize the importance of alcohol as a cause of industrial accidents or ill-health. Quoted out of relation to the article in which it appears, Mr. Fox gives it as much over-emphasis as he decries in others, since the author, Dr. Hayhurst, clearly includes alcoholism among the industrial health-hazards.

The industrial inducement to alcoholism was marked in all the breweries investigated in Ohio because the drinking of the beverages was allowed during work, while subjection to depressing influences of humidity and heat also favored it.

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**HEREDITY AND ENVIRONMENT.** By Edwin Grant Conklin, Princeton University Press. 533 pp., \$2.00 net.

**THE FIELD OF SOCIAL SERVICE.** Edited by Philip Davis. \$1.50. Boston: Small, Maynard Co.

**OCCUPATIONAL DISEASES.** By W. Gilman Thompson, M. D., New York. D. Appleton Co. \$6.00.

**A SURVEY OF INDUSTRIAL HEALTH-HAZARDS AND OCCUPATIONAL DISEASES IN OHIO.** By E. R. Hayhurst, M. D., Columbus, Ohio. Ohio State Board of Health. 438 pp.

These books may be ordered from The Old Corner Book Store, Bromfield Street, Boston, Mass.

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## Some Recent Pamphlets

**INFANT MORTALITY,** Montclair, N. J. A Study of Infant Mortality in a Suburban Community. United States Children's Bureau, Pub. No. 11, Washington, D. C.

As in the Johnstown survey, homes of unskilled workers and those having a low income and mothers employed in gainful occupations showed the higher rate of infant mortality. "As the family income increased, maternal nursing decreased. It would seem that the disadvantages of a low income were sufficient to offset the greater prevalence of breast feeding among babies of the poorer families."

One is moved to inquire again how long it will be before such surveys investigate the factor of drink in decreasing the family income, keeping the father in the ranks of unskilled labor, and driving the mother into industry, and thereby increasing infant mortality.

**MENTAL DEFECTIVES IN THE DISTRICT OF COLUMBIA.** United States Children's Bureau, Pub. No. 13, Washington, D. C.

The 798 individuals reported as needing custodial treatment are believed to represent a very conservative number. Information is given briefly of the kind and expenses of institutions for defectives in various states. Drink, "dope," and immorality appear as serious concomitant conditions in the typical cases described for which institutional care is desirable.

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**NATIONAL UNIVERSITY EXTENSION CONFERENCE.** A Program of the Conference at Madison, Wisconsin, convened by the University Extension Division of Wisconsin University. Bulletin No. 525.

Among the interesting features of extension work undertaken by this progressive insti-



tution has been the circulation of "Traveling Package Libraries," each containing information for an address, debate, paper, etc., on a given subject. The alcohol question has been included, and several "package libraries" containing helpful material, among it pamphlets furnished by the Scientific Temperance Federation, are available for inquirers for information.

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**MOTION PICTURES.** Publications of the National Board of Censorship of Motion Pictures, 70 Fifth Ave., N. Y. City. (1) *The Question of Motion Picture Censorship*; (2) *The Policy and Standards of the Board*; (3) *Report for 1914*; (4) *The Movies: Their Importance and Supervision*.

The Board "recognizes the need of popular education as to the extent and dangerous effects of habit-forming drugs, and believes that motion pictures may be used for this purpose. It is opposed in the presentation of this subject to the portrayal of the alluring, the gruesome, the suggestive, opposes those methods of using such drugs as would stimulate curiosity and experimentation, critically scans any suggestions of easy methods of obtaining such drugs. It will support subjects presented in a dignified, sincere and dramatic way which will enlighten and arouse the public to the enactment and enforcement of laws tending to the repression or prevention of illegal or immoral use or sale."

\*

**CONDUCT OF THE EXCISE BOARD OF THE DISTRICT OF COLUMBIA.** United States Senate, 63d Congress, 3d Session, Document 981.

This report of a special Senate committee appointed to investigate the conduct of the Excise Board in the District of Columbia in administration of the Jones-Works law, which went into effect July 1, 1913, found that the evidence showed that the board had disregarded the underlying purpose of the law; had nullified its most beneficent features, had encouraged and approved plain evasions and perversions of the law; and had resolved practically every doubt as to law or fact in the interest of the saloons. The policy of the board in fostering the liquor traffic to the fullest extent permitted by the law, and in many instances at the expense of both, its spirit and its letter, is declared by the report to be fraught with increasing danger to the health, peace and morals of the people of the District of Columbia.

\*

**PERIODIC PHYSICAL EXAMINATION OF EMPLOYEES.** *Its Economic and Social Value.* By Eugene Lyman Fisk, M. D., Director of Hygiene. Life Extension Institute, Inc., New York City.

The announced mission of the Institute, in which ex-President Taft is chairman of the Board of Directors is to teach its members how to avoid disease; to advocate periodic

health examinations so that disease may be detected in its incipency, and to provide such examinations at a low cost. For an annual fee of \$3.00 it furnishes its educational service in the form of monthly health letters or bulletins, studies personal and family history and general living habits as elicited by a question blank filled out by the subscriber, and makes once a year chemic and microscopic examination of the urine. For a five-dollar annual fee, the subscriber may avail himself, in addition to the services already mentioned, of a thorough physical examination covering the heart, lungs, blood pressure, venous system, and general bodily condition. Special examination services are rendered by arrangement. Among its Health Letters, the Institute has already issued one strong one entitled, "What It Costs to Drink Alcohol" (No. 12) and another (No. 13) "What It Costs to Smoke Tobacco."

\* \* \*

### VACATION SMILES

"Every man," said Uncle Eben, "thinks he's 'right mos' of de time. An' de rest of de time he thinks his mistakes is puffedly excusable." —Washington Star.

\*

Little Clarence: "Pa, what is an optimist?" Mr. Callipers: "An optimist, my son, is a person who doesn't care what happens if it doesn't happen to him." —Puck.

\*

The weather was warm, and Pat decided to shave on the back porch. Mrs. Casey, across the way, observed this.

"Pat," she called, "shure an' Oi see ye air shavin' outside."

"Begorra," he responded, "and did ye think Oi was fur-lined?" —Judge.

\*

It was several days after arriving home from the front that the soldier, with two broken ribs, was sitting up when the doctor came in.

"Well, how are you feeling now?" asked the latter.

"I've had a stitch in my side all day," replied the wounded soldier.

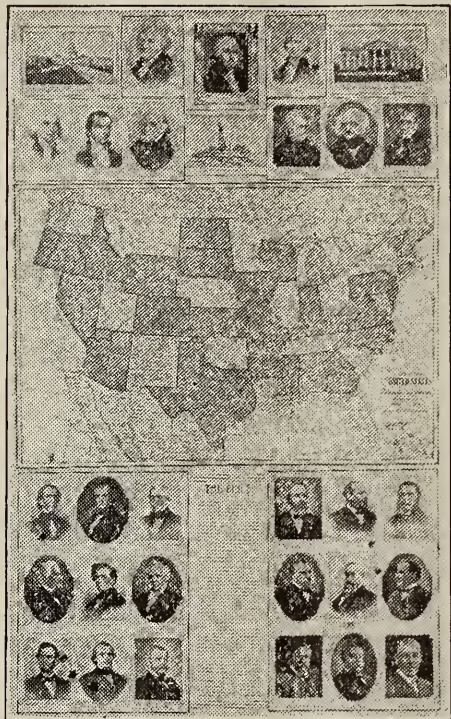
"That's all right," said the doctor. "It shows that the bones are knitting." —Chicago Herald.

\*

Collier's Weekly once told of two Irishmen who were on bad terms with each other. The friends of Flaherty claimed that he had been insulted, and urged him to vindicate his honor. Flaherty said prudently: "But look at the size of him. The man's a giant." "Very well," responded his disgusted friend, "then all the people will say you are a coward." "Well, I dunno," responded Flaherty placidly. "At any rate, I'd rather have thim sayin' that than the day afther tomorrow exclaimin' 'How natural Flaherty looks.'"



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5. Alcohol as a Cause of Death in the Prime of Life.
6. Infant Mortality in an Alcoholic Family.
7. The Alcohol Factor in Insanity.
8. Alcoholic Parentage of Epileptics.
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# SCIENTIFIC TEMPERANCE JOURNAL

AUGUST, 1915





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# Scientific Temperance Journal

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No. 11

**I**t is a fine thing to help an individual man or woman, but it is divine statecraft to build up a good custom or break down a bad one that shall control the actions of men long after individuals are forgotten.

---Amos P. Wilder, Consul-General, Shanghai, China.

## Strategic Points

By CORA FRANCES STODDARD

**T**HERE are better battlefields than those on which men's bones lie bleaching," said wise brother Fritz, of the quaint old Schonburg-Cotta family, when little Hilda lamented the lack of Crusaders' mementoes.

We are not met this week on a battlefield, thank God! America is not yet having to ask her sons to die for her in the world cataclysm. But she is asking her sons and daughters to live for her. It is said that in one of the Honolulu schools every morning this creed is recited:

"God hath made of one blood all nations of men, and we are His children—brothers and sisters all. We are citizens of the United States of America, and we believe our flag stands for self-sacrifice and for the good of all the people. We want, therefore, to be true citizens of our great country, and will show our love for her by our works. Our country does not ask us to die for her welfare; she asks us to live for her, and so to live and so to act that her government may be pure, her officers honest, and every corner of her territory shall be a place fit to grow the best men and women, who shall rule over her."

That is why we are here, not for the moment on a battlefield, but come from our respective battlefields all over the land to counsel together how we may best overthrow our well-entrenched enemy—alcohol—to the end that so far as its influence is concerned our "government **may** be pure, our officers honest, and every corner of our territory be a **place fit to grow the best men and wom-**

**en."** Inefficiency, disease, misery, delinquency, crime, vice, degeneracy, corrupt government—these are the strongholds to which we lay siege in this better war for human progress, and "in this war there is no discharge."

### Our Present Knowledge

Before this audience one need not speak at length of the more obvious results of alcohol. We know that there are misery, disease and death in the trail of this jolly comrade of an hour, which, by its false sense of exhilaration, may betray the user into all that is worst for himself and society.

We know that actual demonstration has shown that, far below the point of intoxication, alcohol injures working ability, dulls the powers of perception and attention, impairs memory, tends to confuse judgment, weakens self-control, lengthens the time required for choice or decision, or temporarily quickens activity at the expense of accuracy.

We know that it makes the worker more liable to accidents, less capable of earning and providing adequate support for the healthful maintenance of his family, more capable of offenses against public order and welfare.

We know that it causes certain diseases, lessens resistance to infectious disease, shortens life and increases the death rate.

We know that it dulls the sense of responsibility, cultivates selfishness, blunts responsiveness to moral and spiritual ideals. These truths this audience can be assumed to know.

These are the fundamental facts of our great alcohol question. The program of

\* An address at the Annual Convention of the Anti-Saloon League at Atlantic City, N. J., July 9, 1915.

this Convention declares that "the Anti-Saloon League forces are working not merely for a law to create a condition, but rather for a condition which will support a law."

That condition is to be developed in the intelligence and then in the wills of the people, and, therefore, I repeat: **The fundamental facts of the alcohol question are the truths as to what alcohol is and what it does to the bodies, minds and souls of our people.** Back of the arguments as to the immense financial cost of supporting the saloon, back of the question of its political effects, we find, when pushing the issue to its ultimate sources, the most important question to be, What does the alcohol which the saloon sells do to the human race, physically, mentally and morally? By the answer to that question will the saloon stay or go.

#### **Why the Saloon Gets Different Treatment From That of Other Business**

Already the saloon receives treatment different from that of any similar trade. Meat markets, grocery and dry goods stores are not hedged about with the restrictions peculiar to the saloon. The drinker who regards his beverage as one of his small luxuries can find no parallel in the sale of jewels, automobiles, rich furs and fine house furnishings, for the restrictions which have been placed upon the sale of alcoholic drinks. Some saloons are unhygienic. Is that our chief objection to the saloon? No. There are factories and stores that are unhygienic, but there is, therefore, no organized effort to put all factories and stores out of existence. We say, "Clean up, get more light, air, security, and go on; the community needs you."

Some saloons exert corrupting influence on politics. Is that our chief reason for trying to abolish the saloon? No. Other kinds of business also at times exert corrupt influence on politics, but no one therefore proposes to stop all business. Law says, "Let politics alone, but go on with your industry, your manufacturing, your commerce. The community needs you."

The fundamental reason for the great temperance movement of the world is **that the alcohol which the saloon sells has strong inherent possibilities of harm to human life, that it is detrimental rather than beneficial to life.** And this alcohol is alcohol, whether it is sold over the bar

of the saloon as is the chief custom in America, or over the table of the hotel, restaurant, cafe, or consumed in the home, as is the chief custom in Continental Europe. And it is because of this effect of alcohol that we say to the saloon, "The community will be better off without you, and you must go!"

These facts, therefore, cannot be too often emphasized. To teach all the people these truths must be the basic work of every campaign against the saloon. On them hinges our right to legislate against the manufacture and sale of alcohol "for the public welfare" in defense of the human assets of the nation.

It goes without saying that a vast deal of this work has been done. Our public schools alone for a quarter century more or less perfectly have been teaching a nation the truth about alcohol. It did not just happen that employers in increasing numbers began to demand sobriety, that many workmen began to meet this demand with more or less ready compliance, that certain great groups of workmen themselves, like the locomotive engineers, outlawed alcohol even before their employers did so, that traveling men began to cut it out, that baseball managers and men so easily saw what had not been seen in a previous generation—the incapacitating effects of drink.

What has so far been accomplished can be done again in other fields. We have today a great body of facts about alcohol that we did not possess 25 years ago. The boy today can be taught, as his older brother could not be, details of the reasons why drink will be a handicap to him in industry and business.

#### **The School the First Objective**

The first of our great strategic points for the future, therefore, is the temperance teaching in our public schools. I should hate to ask how many in this audience **know exactly** whether temperance instruction is being thoroughly given in their public schools and what kind of instruction is given. I am afraid it would be an embarrassingly small number. Laws requiring temperance instruction do not yet wholly enforce themselves. The pressure on the schools for a diversity of subjects is so enormous that a subject none too popular easily gets pushed aside.

Do not misunderstand me. I believe very few children pass through the pub-



lic schools of the United States without learning something of the detrimental effects of alcohol. Millions of them are thoroughly taught, have a conviction on the subject and can give a reason for the faith that is within them, but that millions more are not properly taught I believe no one can deny. Here is a strategic point of education within our grasp. All we have to do is to avail ourselves of the opportunity it offers of training another generation to still more intelligent sobriety, of keeping the facts before teachers and superintendents and school boards so that they will realize the importance of the teaching, of putting behind them that support of friendly public opinion which they have not always felt in the past, while they have been made to feel the opposition of those whose interests are naturally at stake in such teaching.

Here in the schools are the men and women of tomorrow. Here are the fathers and mothers of the next generation. Here are the voters of that immediate future on whom we depend to bear along to triumphant finish the redemption of the nation from alcohol.

Here, too, are the new Americans, that host of boys and girls from lands afar whose parents have caught a vision of a land where their children may have a chance and, who, like migrants from the beginnings of the human race, have left home and kindred in pursuit of vision. Even the public school does not reach all these children, but it is the only force in American life which at present affords us any reasonably universal method of reaching these American parents and citizens-to-be with the warning truths about alcohol.

And they will learn it. Eighteen months ago, at a great safety exposition, a well-to-do painter of Russian birth began to ask questions about the exhibit of facts showing the effects of alcohol. He openly professed himself skeptical as to any possible harm. "Me, I always drink some beer, every day. It don't hurt me. But you know, I gotta another young feller (a son) about 20 year old, and you know you can't get him to touch it. He say it no good for him to drink." A bright-eyed younger son about 15 years of age stood by, listening intently to our conversation. Presently I turned to him and asked: "Are you going to

drink when you are a man, or are you going to let it alone?" And swiftly came the reply, "No beer for me." This is what our public schools can and will do for us if we give them the encouragement, the stimulation, the spur of a call to rise to their great opportunity.

### The Education of the Foreigner

The second strategic point on our present battleground lies in this very immigrant camp. Some years ago a European temperance worker asked: "How is it that with all your education and legislation the per capita consumption of alcohol remains so high?" And I replied, as amiably as possible: "If you good people over here will keep at home the half million or so of drinkers whom you are letting come to us every year—or, better, for we welcome most of them, if you will teach them total abstinence before they come—you would very soon see a difference in our drink bill;" and she thoughtfully replied, "Of course, I never thought of that."

Now I am offering no reflection upon these newcomers. Thousands of them are sturdy, self-reliant men and women, sober or even abstainers. But the fact remains that the great mass of our present-day immigration comes from countries which have hardly been touched yet by the European temperance movement.

(In proof of the influence of foreign immigrants on the per capita consumption of alcohol, Miss Stoddard cited some of the facts and testimony that appeared in last month's Journal. These which are here omitted touched the conditions that throw the immigrant directly under the influence of the saloonkeepers; the parallel rise and fall of immigration and per capita consumption of alcohol; the influence of increased purchasing power provided by the higher wages.

### How Reach the Immigrant?

It is high time we waked to the seriousness of the situation. A little has been done here and there to reach the immigrant, but nothing really touching even the fringes of the problem has been attempted.

The foreign-born citizen may be a source of strength to us. He may be a source of terrible weakness. The older immigration gave us some magnificent citizens. The new immigration in time will do as well, **provided** we help it to see



the danger in alcohol and win its co-operation in abolishing it. Certain things must be done at once to save these newcomers to their best selves and our American civic, physical, mental and moral welfare from the degrading influence which the alcohol habit and the saloon are having upon these new citizens.

For them, as for all, insanitary homes and surroundings must not be tolerated.

For them, as for all, should be protection against the devitalizing extortions of overwork, which leaves the worker in a state of exhaustion that ignorantly seeks relief in drink.

Suitable literature in many languages must be prepared showing how drink is a disadvantage and handicap to progress and welfare, and this literature must be placed in the hands of the racial leaders and of the people themselves.

Every community must organize this work locally if it is to be done adequately. The problem is already too great for any national organization as such to handle it. This is a hand-to-hand task. The pastors of churches need to reach the pastors of foreign churches. The employer can reach the laborers through proper regulations in his factory and through pay-envelope leaflet education. The women need to get acquainted with their foreign-born sisters and help them to an understanding of what they can and must do for training their children to sobriety. This next important stronghold of alcoholism can only be captured when every one works over against his own house. It is a task worth doing. These brothers and sisters have come with hope in their hearts for themselves and their children.

Their lives are to be builded into the fabric of the nation. What we teach them, they will become. They will pass on to the next generation our virtues or our vices. They will determine whether the America of the future is to go the way of other older civilizations besotted with drink, or whether, with an undrugged brain and a conscience quickened to moral responsibility, she will gain and hold moral leadership among the nations of the earth.

### **Finger Posts for the Leaders**

The third strategic point of which I wish to speak relates to a somewhat heterogeneous group, those who are looking for social and economic betterment, but who for various reasons do not yet

realize the full significance of the alcohol problem to the ends which they are seeking, or regard it of subordinate importance.

Here is to be found a certain section of organized labor—by no means all of it. There are thousands of clear-brained men among the leaders and in the rank and file who understand fully the disadvantage of drink to the purposes of labor. But there is a section that falters on the alcohol question; first, because they fear a disorganization of labor if the alcohol industry is wiped out; or, secondly, because they still believe that alcoholic drinks, if not used to intoxication, are harmless, or even beneficial. "It never hurt me," is the argument of this group.

### **The Status of Labor and Liquor**

Here, as in the other fields mentioned, the need for educational measures is enormous. These men ask "to be shown," or, if they do not ask this, they must be shown patiently, convincingly, persistently, the truth on the points they raise. They must be shown the true status of the laboring man in the liquor industry, the relatively small displacement of labor which the abolition of that industry would cause, the inevitable increase of opportunity for labor if money spent for drink were spent instead for the common necessities and even minor luxuries of life. They need to be shown the scientific evidence of the genuine handicap drink is to the worker, in impairing efficiency, skill, resistance to disease. They ought to be shown how, by narcotizing ambition, it is the workingman's worst enemy in his very efforts to improve the social order. "If we want a new world, we must have the new men to make it," said Richard Froelich, the Austrian Socialist. Our friends are right in thinking that, with more favorable conditions in industry, more opportunities for healthful recreation, better homes, some of the present incentive to drink would be lessened; but they need to see, too, that it would mightily help them in bringing about these conditions if they first free themselves voluntarily from all servitude to drink, and advance with clear brains to the accomplishment of their purpose.

In this group, too, are those who find alcohol mixed up with all the varied problems of social misery, but who think it is chiefly there as a result, and that, if we make environment better and



healthier, the alcohol question will take care of itself, and, therefore, that it is a question of minor importance.

### **An Essential Factor in the Survey**

Now, I suppose, there is no one here who does not believe that alcoholic conditions are intensified and made worse by bad economic conditions, but the fact remains that as long as we have alcoholic social customs, as long as we have alcoholic drinks **made to be sold**, just so long we shall have all the ingredients for alcoholic misery and degeneration, regardless of other social conditions. By all means must we better these social conditions, but, wherever alcohol is a part of a cycle of social misery, we can at least cut out the alcoholic factor. We can stop the intensifying of social problems which is constantly due to alcohol. With these friends the education must be of their own making. We must help them to see that "surveys" of housing and infant mortality, and accidents, and tuberculosis, and crime, and immorality, and industrial efficiency, that leave out consideration of the direct and indirect alcoholic element, are not complete surveys. We are not to accept the presence of alcohol as a matter of course. We want to know what it is doing to society and why. And friendly pressure to that end needs to be brought to bear upon our local social uplift organizations and upon our great national organizations and foundations. The man of this group who sets himself to seek for truth will not need other evidence of that truth when he finds it, and will be ready to act upon it.

### **The Value of Objective Demonstration**

And, finally, the man on the street. He may be a man of your type, he may be a day laborer, a college professor, an ordinary business man, "a doctor, lawyer, merchant, chief." But whoever he be, as the "man on the street," he is open to a special kind of influence. Did you ever watch the result of putting a man into a store window to demonstrate the newest method of tying a new kind of necktie? Did he get attention? Yet probably not a man of the crowd that gathers there from morning to night would go around a corner to hear a lecture on new and up-to-date methods of dressing the neck!

Every man or woman is more or less of a child. They like to get information by the eye as well as by the ear. They like motion and change, and color. They

like to study a fact out for themselves if it is put before them in not too complex form.

### **Lessons From Experience**

May I tell you briefly a little of our experience in this matter? Seven years ago, the Scientific Temperance Federation began to put out for the first time in this country large diagrams and drawings illustrating the scientific facts about alcoholic drinks. At first we copied directly from similar German charts, but we quickly found these were too complicated. The lesson had to be simplified for our busy American people. We found a uniform scheme of color, a help in grasping truths quickly. These charts, hand-made though they were, were called for at once from all parts of the country. Here was new illustrative material that the speaker could use. The diagram demonstrating concretely the fact he was explaining clinched his truth. There was the element of expectant interest on the part of his hearers as to what was coming next, as he took up the charts one after another. With these simple hand-made charts loaned or rented or reproduced in periodicals or on stereopticon slides, we had reached literally millions of all classes of people in three years. Then we began another phase of education, not wholly new, of course, but improved by the availability of this new material, the store window exhibit. Simple, home-made models were prepared, behind them were placed the charts, and the throngs around these windows studying intently the facts thus concretely presented to intelligence through the eye were evidence enough of the wisdom of going out with the truth to "reach the people where they are." Later, we prepared the first comprehensive anti-alcohol exhibit in the United States. This has been used at great expositions and conventions, seldom at distinctly temperance gatherings, but at expositions where thousands of people attended and studied the facts about alcohol who would never darken the doors of an announced temperance meeting. Missionary, health, safety, industrial and general educational expositions, agricultural fairs and at present the Panama Exposition, all these have afforded a magnificent opportunity to literally **show** the people the truth about alcohol.

(Continued on Page 278)

## The Passing of Strong Drink

BY ROBERT F. SALADE, PHILADELPHIA, PA.

**I**T HAS been but a few years since there was a universal opinion that printers were large consumers of intoxicating liquors. For a man to state that he was a printer by trade was almost an indication that he was also a drinker. And, in those days, it was a fact that many printers along with other skilled workers were users of spirituous beverages to a considerable extent, and it was common for one to meet craftsmen who possessed strong liking for the "cheery (?) cup."

During the last decade, however, the great majority of artisans, especially workers in the printing trades, have seceded from "The Ancient Association of John Barleycorn," and have formed in its place "The Improved Order of Abe's Ale." The liquor forces have not been able to clearly understand this remarkable reformation, but even the dealers in delirium tremens can see the handwriting on the wall, and their befogged minds recognize the truth that the day for the passing of strong drink has come.

The writer, who has been employed in some of the smallest as well as in some of the largest printing establishments in the country, has noted how rapidly drinking is diminishing among people engaged in the printing and allied trades, not to speak of workers in other industries. It is not too much to predict that within a few years it will be difficult to find an intelligent printer constantly addicted to the use of spirituous drinks. Printers everywhere are taking advantage of the big dividends paid by total abstinence.

In one large printing plant with which the writer was connected recently, only seven men out of a force of more than one hundred were not total abstainers from strong liquors, and only one of the seven was what is usually termed a "periodical" drinker.

In the composing room of a well-known publishing concern, out of a force of seventy-two typographers, only two were drinkers, and these were of the "moderate" variety.

In still another publishing house, after diplomatic inquiry, during a year's period, the writer discovered that with the exception of eleven, the workers in all

departments were "steady riders on the water wagon," and had been for years. More than two hundred people work in this establishment, and only eleven were patrons of strong drink!

Additional statistics just as encouraging could be cited.

Now, the ordinary, common-sense reason why people in the printing trades, as well as in other trades, are refusing to have anything to do with intoxicating liquors is that evidence on all sides has told them clearly that strong drink is the most deceiving thing in the world. The average artisan's mind is keen enough to understand that drink in time will "get" anyone's job, and that drink will in most cases take a man to the grave far before his time.

This is not a Sunday school temperance lecture. It is a short paper on **efficiency**. When the average person takes a drink or two of whisky, for example, he is immediately less efficient in his thoughts, words or actions. Skilled workers know through observation that when a craftsman habitually indulges in strong drink, no matter how highly trained in his art he may be, sooner or later his work becomes inferior, and eventually the blue envelope comes through incompetency.

Employers of labor are seeking workers who are total abstainers simply because such help is more dependable and more efficient than those who are consumers of alcoholic liquors. A railway train is about to rush off on a long journey. Hundreds of passengers are on board that train. Which engineer is preferable to have charge of the locomotive—the one who is a total abstainer from strong drink, or the one who is one of those who takes a drink of whisky "now and then?"

About ten years ago the writer had charge of a printing press room. Suddenly a young pressman who had previously proved himself to be a careful and capable craftsman, had his right hand crushed to a shapeless mass in a large platen press. Weeks later when the unfortunate man was discharged from the hospital, he admitted that on the day of the accident, during the lunch hour, he had taken one drink of whisky.



It was immediately after lunch time that his hand had been caught in the machine.

An intelligent people now know that the bright lights that beckon so invitingly from the liquor saloon's windows mean only darkness and desolation for those who patronize the saloon regularly. People know that in the gaily-decorated saloon, with its expensive cut glass ware and mahogany furnishings, can be found some of the most wretched shipwrecks of humanity.

In various sections of the country we hear every day of many cities and counties going dry. Thousands of saloons which were formerly gold mines for their owners are now on the "for sale" list. Great newspapers and magazines are refusing to accept advertising for spiritu-

ous liquors of any kind. Great men and women in all parts of the world are announcing publicly their stand for total abstinence.

The liquor interests, amazed, are wondering why their business is being attacked on every side, and why it is that the working class of people, who previously spent such large portion of their meager wages in the saloons, are refusing to do so any longer.

The answer is obvious: The people have at last awakened to the danger of the liquor traffic. The lives of their sons and daughters are at stake!

All over the globe, even in "darkest Russia," the day has arrived for The Passing of Strong Drink.

\* \* \*

## Mental Disease and Alcohol

By DR. MILTON ROSENAU

**I**T is a strange commentary upon human frailty that all the poisons which assail man through accident and the dangerous trades in which he must engage, and all the poisons which are elaborated within his system, as in nephritis, diabetes, thyroidism and aeromegaly, are together responsible for but a small fraction of the number of cases of mental disease due to deliberate ingestion of one poisonous substance—alcohol.

It is likely that alcohol, as a predisposing or as an immediate cause, is responsible for more than a third of all admissions to our hospitals for the insane. When, however, we consider alcohol as a cause in diseases, in which other etiological factors enter, we are upon ground where statements must be made with caution and with many qualifications. Thus a man with a considerable degree of congenital mental defect is induced by some companions to take a few drinks of whisky, and he thereupon develops an episode of excitement which lasts several months. Alcohol is not the most prominent feature in such cases, perhaps, and yet if it is withheld such persons might never develop acute mental symptoms.

In considering alcohol as a cause of mental disease, it seems best to confine ourselves at first to those diseases which, from their symptom-complexes, we have

come to recognize as the alcoholic psychoses. In these disorders, acute alcoholic hallucinations, chronic alcoholic insanity and Korsakow's disease, to diagnose the disease is to know the cause. About 12 per cent of all first admissions are for these psychoses.

They are met in men about three times as frequently as in women, and, as in the case of general paresis, more frequently in admissions from cities than from the country, although there is by no means as much disparity. The alcoholic psychoses are the direct, unmistakable results of intemperance, acting in many cases upon psychopathic individuals, but it is believed that in less direct ways alcohol is responsible for nearly as large a share of admissions to hospitals for the insane.

In the year ending September 30, 1909, alcohol was assigned as an etiological factor in 31.4 per cent of the men admitted to the New York state hospitals, and in 9.6 per cent of the women. As a habit disorder, but not a definite etiological factor, intemperance was reported in 14.3 per cent of cases among male admissions and 6.1 per cent among female admissions. So 45.7 per cent of all the men admitted and 15.7 per cent of all women admitted were addicted to the excessive use of alcohol.

This is a prevalence of intemperance enormously greater than in the general

population, but it must be remembered that not a few patients admitted to institutions for the insane had become intemperate as a result of mental disease, and a great number, including those with alcoholic psychoses, as a result of constitutional mental inferiority. The idea is spreading among psychiatrists that in a world of drinkers the alcoholic is an abnormal type. This fact does not in any way lessen the importance of alcohol as a cause of mental disease, but it shows the great necessity of throwing especial safeguards about unstable persons in whom intemperance may lead to such disastrous results.

There is hardly a mental disease that is not influenced unfavorably by alcoholic habits. They lend a tremendous im-

petus to the retrogressive changes in senility, and, as has been said, the acquisition of alcoholism by defectives often results in acute mental symptoms when none need have occurred.

The prevention of mental disease due to alcohol, like the prevention of those due to syphilis, is only part of the general movement against these enemies of the race. Excluding poverty and crime, there is probably no more disastrous result of alcoholism than the continual procession of unfortunates who are entering hospitals for the insane because of intemperance, and it is certain that no other fatal termination of syphilis is so frequent as general paresis.—From “**Preventive Medicine and Hygiene.**”

\* \* \*

## Motives that Lead to Drinking at Different Periods of Life

BY DR. ALEXANDER LAMBERT, NEW YORK CITY

**T**HERE is no question but that the reasons for excessive drinking in youth are different from those of the late twenties and early thirties, and still different from those of the forties and later life.

### **The Class That Abandons Drunkenness**

In early manhood, in the early twenties, excessive drinking, such as is often seen in college students and in youths of that age, does not necessarily mean a weak personality or inability to exert self-control. We see too many who, after a short period of intoxication in which they attempt to celebrate their increased joy in life and to obtain a fuller expression of the intensity of their experiences, cease altogether and never again in later life indulge to excess.

### **The Group That Weakens Self-Control**

Others, however, of less vigorous personality, whom we usually classify as possessed of weaker wills, persist too long in their alcoholic poisoning and develop a diminished resistance from which they never free themselves. The damages and injuries of these youthful intoxications are such that they poison a developing organism and develop a lack of self-control within the individual. It comes at a time when the outer control of the home is being relaxed, and the inner control of the individual is being developed, and the danger is that the inner

control will be weakened and fail to develop, and a weak and poisoned personality will result.

### **The Man Who Is Ashamed to Stop Drinking**

The social side of intoxication is the cause of the next stage in the late twenties and early thirties. It is the period of the full vigor of early manhood. It corresponds to the time when our savage forefathers expected a man to uphold his end at the feast as well as he had held it up in the battle, and today, during these years of a man's life, we find the greatest difficulty when alcohol is beginning to poison his personality in persuading him to cease the indulgence that is doing harm, because he feels that he is unwilling to acknowledge that there is something in life that he cannot do, and that the social requirements among his fellows are such that he should be able to drink as much as any other man.

It is difficult for the weaker ones in life to realize that it requires greater strength of character to refuse to do that which is injurious than to endeavor to keep up with those who are stronger.

### **The Group Who Drink for Forgetfulness**

When a man has reached middle life, after forty, the causes which lead to intoxication are those which are found in the narcotic effects of alcohol rather than in the stimulation and expansion of his



ego. He no longer becomes drunk because he happens to be drinking with friends, but he deliberately drinks that he may become drunk and forget himself and friends and all existence.

These reasons, it seems to me, explain the great unexpressed motives of the great mass of humanity who drink without any particular reason.—*Medical Record*, February 13, 1915.

\* \* \*

## Liquor Abolished in National Guard of Pennsylvania

By. J. R. PARK

Treasurer Presbyterian Temperance Board

GOVERNOR MARTIN G. BRUMBAUGH has recently issued an order prohibiting the "sale or use" of liquor in the state encampments of the Pennsylvania National Guard. The Governor's attention was called to the evil effects of liquor upon the National Guard by resolutions passed by the Presbyterian board of Temperance. In presenting these resolutions the Board of Temperance offered evidence in the form of affidavits and statements by the men who were in camp last year, which showed the evil effect of liquor upon the efficiency and morals of the men.

The board began the investigation of this matter upon the complaints of some of the men in the Guard who are members of the Presbyterian Church, and who from personal observation and experience told of the demoralization of the soldiers owing to the almost unlimited use of liquor. Drinking was very common among the officers of the Guard, and their bad example was very influential in causing the ordinary men to indulge. Under the old regulations there was not the slightest restriction upon the sale and use of liquor during the period of the Guard's encampment, except that before going into camp each company voted on the question as to whether or not liquor would be used by that particular company. This was a mere formality, however, as the members of a dry company could get all they wanted to drink in the saloons of the wet companies. The beer was shipped in by the carloads, and furnished on Sundays as well as week days. Liquor was also used freely in tents and on the mess tables.

Following the investigation by the Board of Temperance of the conditions existing in the Guard, a statement was prepared and forwarded to Governor Brumbaugh, and acting upon this and other information which the Governor was able to secure, he has issued an

order, as Commander-in-Chief of the National Guard, prohibiting the use or sale of liquor in the state encampments. This order is general to all military authorities in the state, and will go into effect at the encampment of the First, Third and Fourth Brigades at Mt. Gretna, July 9 to 19, and at the encampment of the Second Brigade, the Fourteenth Regiment and the Signal Corps at Indiana, Pa., which begins August 7.

Heretofore drinking began as soon as the men were aboard the train for camp. Sober, decent young men were subjected to temptation under the worst possible conditions. Hazing of the "rookies" or recruits in the form of drunken pranks has been a sinister feature of camp life. Roughs, two-thirds drunk, would make the young men run the barrel-stave gauntlet or drag them to the hydrant with a noose about their feet.

The true patriotic, military spirit which is being inspired by the European war, and the possibility of our own country becoming involved, will lead many young men to take up military training. The abolishment of the use of liquor will make it possible for young men who have this patriotic and military spirit, and who also desire to retain their good character and self-respect, to become members of the Pennsylvania National Guard without the fear of being compelled to associate with drunken rowdies and to participate in their orgies.

Governor Brumbaugh's action is to be highly commended, not only by the friends of temperance, but by every true American who desires military efficiency in our state militia. While we are not informed as to the use of liquor in the National Guard in all the other states, we suggest that the friends of the cause should urge their Governors, in those states where the soldiers are permitted to have liquor, to follow the example of Governor Brumbaugh.

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## Probe Deeper

THERE is a section of Pennsylvania, said to be one of the naturally wholesome regions of the state, where a group of individuals has cost the tax-payers of the county \$265,000 in the last 25 years, an average cost of \$85.75 to every person in the section. A study of the sources of this expense account reported in *The Survey* (March 20, 1915) revealed 508 individuals belonging to 194 families where defectiveness and criminality are rife. There were 341 adults. Of these, 68, almost one-fifth, were alcoholic. From one family in Pennsylvania the records of 79 persons have been obtained. Of these 79, 30 are normal, the remainder show various signs of degeneracy, 14 (more than one-fifth) being alcoholic.

No psychological or physical examinations were made of the 508 individuals named. But the investigator, as a result of personal observation supplemented by school, church and official relationships, tabulated these 508 people as below normal mentally. Here was the classification of adults as members of society:

Partially dependent .....	152
Alcoholic .....	30
Sexually immoral .....	89
Criminalistic .....	22
Alcoholic and immoral.....	20
Alcoholic and criminalistic.....	15
Immoral and criminalistic.....	10
Alcoholic, immoral and criminalistic .....	3

341

So far as these "social relations" are concerned, these conditions are no inherent evidence of defectiveness. Without proper psychological tests it would not be fair to assume, for instance, that the 68 persons who were alcoholic were necessarily mental defectives. Thirty of them were straight alcoholics; in the other 39 alcoholism was united to immorality or criminality, or both, conditions which readily rise out of alcoholism. We are not told how many of these sub-normals were absolute abstainers from alcoholic drinks. There is not a social condition indicated here into which the alcoholic habit may not enter as a precipitating factor.

It is thoroughly well established that alcoholism and abnormal mentality go hand in hand. No one will deny this. Nor will anyone who knows anything about the subject deny that the person of sub-normal mentality may easily be led into the alcohol habit, thanks to the constant temptation to drink which the state places before its unfortunate victims. But the time has come when our social investigators should get down to more thorough investigation of the original causes and sources of abnormality. If alcohol is not a cause, it is only fair it should be definitely freed from the onus of responsibility for defects which animal experiments seem to indicate may belong to alcohol. If alcohol does start defects which perpetuate themselves in various ways, then we shall do only half what needs to be done if we segregate these unfortunate people and leave alcohol abroad to start some more families on the down grade.

Some of our social investigations are disappointingly superficial on the alcohol question. When all this labor and money are being expended to get at certain social conditions, surely it would be both more scholarly and more satisfactory to probe deeper and find out how far alcohol is responsible for them.

\*

## Spirits No Longer Classed as Medicines

WHISKY and brandy will be omitted from the forthcoming issue of the United States Pharmacopoeia; in other words, they are no longer classed as drugs for medical use.



## *A Swedish Program for Instruction About Alcohol*

**T**WO years ago the Swedish government appointed a commission of specialists to improve the instruction against alcohol in that country. The principal recommendations of the commission's recent report are published in *L'Abstinence* (June 5, 1915).

### **Instruction on Alcohol as a Social Question**

The commission noted that heretofore the instruction concerning alcohol has been confined almost entirely to the medical and personal hygiene aspects of the question. The subject has become more and more a social problem, hence the study of alcohol at the present time, the commission believes, should consider primarily the social effects of alcoholism, for on this ground we have an alcohol question in quite a different sense from a coffee or a tobacco question.

The aim here, according to the commission's plan, is not a large collection of facts, derived from biological or social researches, but first of all to convey an impression of the danger of alcoholic liquors, their harmful influence upon society as well as upon the individual, and to indicate at the same time the proper measures for preventing or at least reducing the evils provoked by alcoholism.

### **Temperance Teaching to Be Given in Connection With Other Subjects**

Instruction concerning the evil influence of the use of alcohol, whether upon the individual or upon society, will not be fruitful unless it is introduced at the right place, in connection with the study of social phenomena, biology and human physiology. Anti-alcohol instruction should not, therefore, be introduced in the curriculum as a special subject, but in connection with instruction in history, natural science, religion, morals, etc.

### **Both Incidental and Systematic Instruction Recommended**

One may proceed in two ways, both of which should be practiced. One of these methods is to touch the question of alcohol incidentally in all classes wherever it comes in naturally, as it will, in most of the subjects of instruction, in connection with the lessons on religion, geography, domestic economy, etc. The other method is to give more concen-

trated and thorough instruction on alcohol, in the higher classes, in connection with history, civics, social economics, biology and hygiene.

In view of the importance of the social point of view, the subject of alcohol is especially related to the lessons in history and civic instruction. There should be a very thorough study of the question in the lessons in modern history. Here would come the topics of agricultural distillery, the life of Peter Wieselgreen, the founder of the modern Swedish anti-alcohol movement, the commencement of industrialism and the modern anti-alcohol movement.

The second important group of subjects to which instruction on alcohol should be attached is that of the natural sciences, including hygiene.

### **Army and Navy Instruction**

The instruction in the army and the navy must be given along with the regular military instruction. It must have its place in the company under the direction of the captain. In order that the army officers may be themselves sufficiently informed, the commission proposes that certain chapters on the subject of alcohol be taken up by competent teachers in the schools for officers and under-officers.

To reach the troops as a whole, lectures on alcohol should be given at least twice in each school for recruits, in each regiment. In addition, the commission proposes to prepare a resumé of the alcohol question to be distributed in the schools resumé, in the form of a leaflet, should be resume, in the form of a leaflet, should be distributed to all school children at the opening of school.

### **Normal and Popular Courses of Instruction**

The commission proposes also to publish a special manual for schoolmasters generally, and for officers and under-officers. It also advises the organization of courses of instruction in each school district where it is desired for teachers and for others interested in the question. It would consist of model lessons to be given to children, and of lectures in which information would be given to the audiences on the numerous methods of anti-alcohol instruction. The teachers of

these courses would receive a salary of 350 crowns a month, paid by the state, the province and the community.

### The Universities to Be Brought Into Line

The relation of the university to this educational plan is also dealt with by the commission. The professor of the new department of hygiene in the University of Upsala is called upon to give, during each fall semester, a course in hygiene for the future teachers, in which, naturally, the subject of alcohol would be treated. The commission asks that this course be

made mandatory, and that a similar course be introduced into the University of Lund.

It would be useful if the future professors of history were to receive instructions on the alcohol question while at the university. This instruction might be connected with social economy and with statistical studies. Similarly it is very desirable that the future pastors, judges and officials receive at the university instruction upon the social effects of the use of alcohol.

## Reported from the War Zone

### Alcohol in the War

**D**R. BRUNZLOW, a German army surgeon, who had been asked by the editor of *Die Alcoholfrage* to write for publication his observations on the effects of alcohol in war, has forwarded, among other notes on the subject, the following:

Take the case so frequent in war, when the soldier after a brief rest must be called upon for renewed exertion; the private must go on guard duty, the officer must mount his horse or enter an automobile and go out into the night to get information or to carry an important report, the physician is called upon for the most intensive work by the sudden arrival of a large number of wounded.

Then appears immediately the paralyzing effect of the alcohol that has been taken. Some have contradicted this effect. Officers have held that alcohol is a whip that revives the nerves and makes them capable of new efforts. I have tried the experiment on myself repeatedly. On the one hand, true to my habits, I have tried restoring myself after hard service by a short rest, moderate, light nourishment—a plate of soup, a piece or two of bread with meat—and I have on the other hand gone to rest after taking a glass of wine, and I can testify that it affected me in the field exactly as it did when I was changing from moderate use to abstinence. After a light meal and a short rest I was, indeed, still tired, but capable of new work: but after taking alcohol, I was almost incapable of it, that

is, it needed the exertion of my entire will power to overcome the depressed state that made itself felt as much as if I had taken some other kind of narcotic. Even if I admit that a more robust person accustomed to the use of alcohol might have been less sensible of this paralysis, I still deny that it would not have existed. There is no doubt that a trial of abstinence would convince anyone, as it always has, of the truth of these observations.

Even if a glass of wine is followed more quickly by sleep, the effect is not good. One who observes himself closely can note, even with very small amounts of alcohol, from one to two glasses of red wine in the evening, that after a time, if he takes it regularly, he does not generally feel so fresh, particularly in the morning hours, as he does during entire abstinence. Under the pressure of circumstances I have tried this on myself and believe that I have observed it wholly objectively. And so, while for a time I deviated from my practice of abstinence, I have returned to it strictly with comfort, a higher sense of well-being and an increased zest for work.

In the administration of alcohol for intestinal disturbances I observed a temporary relief, but no permanent improvement.

The only admission to make is that for men who have been accustomed to alcohol, the withdrawal of it in the field is more difficult.

There are other and more important



considerations concerning the use of alcohol in the field. In the first place, its well-known poisonous action leads to immoderation in the field exactly as it does at home, or even worse. Anyone who begins, evenings, to try to forget in the glass the hardships of the day, goes very easily beyond bounds. Of course, personality has something to do with it. Many remain strictly moderate, while others begin to guzzle at every opportunity. I will not go further into the consequences. They can only be most lamentable.

Often the entire psycho-mental constitution clearly suffers under habitual moderate use. It should not be said that the injury follows as quickly in a healthy man who has formerly been strictly moderate. In general, a person's habits in regard to alcohol will be the same in the field that they have been at home. But what has struck me most forcibly is that wherever a nervous collapse has occurred in the field it has been, without fail, in men who had been previously habitual users of alcohol in amounts that could not be called moderate. I have never seen it in a strictly moderate man. In nervous men alcohol is absolutely dangerous. The common man does not as a rule suffer as much from the mentally depressing experiences of war as the more finely organized person of higher social position. He quickly learns to go through the military exercises with stoical indifference. For him to use alcohol as a means of producing euphoria, I hold to be entirely superfluous. His spirit can be kept up by a hundred other small means, and he himself knows how to employ them. If he is without alcohol, he does not miss it.

Educated people should accustom themselves in time of peace to what Höltscher has so well named "culture without alcohol." This mode of life, without doubt, favors higher conceptions and more vital energy than habits which include alcohol.

It is not only the typical alcoholic who is easily recognized in war by his well-known characteristics; but those who, believing themselves to be moderate, are not able to live without a certain quantity of alcohol stand out in clear relief, even if it is only because of their increased irritability on many mornings, which can be recognized in a harsher

treatment of those under them, in cruder judgments of external conditions, in a tendency to be insulting, etc. One detects such people quickly by the contrast they present to those who are at all times strictly temperate with their calmness, evenness and their unalterable firmness under all vicissitudes.

I use the words "strictly temperate" with intention, for it would be untruthful to maintain that one finds this mental constancy only among abstainers. I only show from my observation that it is not alcohol that provides power of resistance. The less alcohol the better.

Finally, the reasons for the promotion of strict abstinence do not depend upon determining the doctor's question about the injuriousness of the smallest amounts. That it is difficult many times in the field to abide by strict abstinence, has nothing to do with the facts. I make nothing of it if an abstainer, under the pressure of circumstances, puts a dash of red wine into his insipid hot water to give it a little flavor, when he has no tea, as happened sometimes in France. War puts a strain upon all habits. But that such departures are in any sense a gain, and that there is a pressing necessity for the use of alcohol, in short, that there could be no war without alcohol, as some think, that, from my experience, I positively deny.

Every man will be best fitted for the hardships of war if in time of peace he accustoms himself to abstinence from alcoholic drinks and adheres to this custom in the field. War at the present time requires first of all, tough enduring nerve power and this, other things being equal, is always greater in abstainers than in alcohol users.

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### **In the Struggle for Life Cut Out Drink**

**I**N GERMANY, as well as in England, the scientific experts are raising strong objections to the presence of alcohol at the seat of war. A new handbook for field surgeons has been issued in which Prof. Max Gruber, of the Royal Hygienic Institute of Munich, makes this protest:

"The German Empire is fighting for its life. If it is wrecked, we lose not only all the economic advantages and industrial opportunities which we have won by tireless, peaceful work for more than four

hundred years, but far more. We shall have to put forth our strength without ceasing in order to go as far as we must go. . . In such a situation every dissipation of our strength, every act that lowers our resistance or our striking power, is a crime. Our enemies are strong, courageous and tenacious, better equipped and better led than they appeared to us at the beginning. England, especially, in spite of all her weakness, is a fearful enemy. The new weapons in the present art of warfare put the severest demands upon every officer and, indeed, upon every soldier. . . Everything must be done, therefore, that can be done to maintain everyone's reserves of physical and mental powers, or at least to prevent unavoidable expenditure and all avoidable sources of weakness.

"This is no time for the use of alcohol. Not only is the guzzling of all alcoholic drinks to be stopped, but the use of even small amounts is, as a rule, an evil. 'The soberest nation will win,' said our Kaiser, and he is right.

"It is scientifically established that even small amounts of alcohol weaken and paralyze our powers of observation, memory and judgment, the command of our intellect, our wills and our reason, our impulses, our brains, our body; cut down the gains from exercise, the endurance of hardships, the ability to resist external injuries.

"One's strength and mental power may be enough to withstand the moderate use, but efficiency cannot be improved by it. And those of us who are small and deficient in mental and physical power act recklessly when we dissipate the little that we have, especially when we are under obligations to accomplish the most that we can.

"It may be admitted that in war the temptation to use alcohol is very great, in fact that there are instances where a moderate use of it is the lesser evil, as, for instance, where the only water obtainable is infected with typhoid germs and no distilled water can be prepared. But by foresight such cases will be the exception.

"As for the rest, away with alcoholic drinks as a means of nourishment or enjoyment; reduce their use to the minimum.

"All physicians who do not incessantly warn and admonish in this direction, who

do not do everything possible to prevent immoderation and who do not precede their orders with good example fail to do their duty."—Translated for the SCIENTIFIC TEMPERANCE JOURNAL from the Press Circular of the German Abstaining Physicians.

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## Soldiers and Alcohol

SINCE the outbreak of the great European war, two of the nations involved have seen the dangers of alcohol and have made efforts to prevent its use by the troops. Now Sir Victor Horsley brings out in the *British Medical Journal* some interesting facts concerning the effects of what he calls the "rum rations" upon the soldiers of England.

He says that the following physiological effects have been observed by both military and naval officers to follow the use of alcohol in quantities up to two and one-half ounces of rum daily:

Decadence of morale; causation of friction and disorder; drunkenness; decadence of observation and judgment; causation of errors and accidents; loss of endurance and diminution of physical vigor; causation of fatigue, falling out and slackness; loss of resistance to cold; causation of chilliness, misery and frost-bite; loss of resistance to disease, particularly to that occurring under conditions of wet and cold, such as pneumonia, dysentery and typhoid fever; loss of efficiency in shooting.

Half the rum ration means a loss of 40 to 50 per cent in rifle shooting. The navy rum ration causes a loss of 30 per cent in gunnery.

Certainly these would seem enough to condemn the use of liquor, but it appears that the British authorities in charge of the army and navy have gone back to the provision of alcohol as a portion of the fighter's rations, although the medical authorities are almost unanimously opposed to it. Horsley shows that the use of alcohol as a stimulant is based upon the most flimsy foundation of old tradition, and has practically no support from the side of scientific observation.

Whether we consider the question of the desirability of permitting the use of alcohol among soldiers, or whether we look at the problem of the use of alcohol by the ordinary man engaged in business pursuits, these observations fur-



nished by Horsley afford much food for thought.

By way of further comment on the alcohol problem, it might be recalled that most of our American industries in which men are employed about machinery have seen the dangers and disadvantages of the use of alcohol quite apart from the question of drunkenness and immorality which are endangered by its use. With physiological and pharmacological experiments to show us that alcohol is almost a pure depressant to both the central nervous system and to musculature, and with the observations of practical business men whose sole eye is for efficiency, we are apparently forced to the conclusion that the less alcohol used the better for mankind.—*N. Y. Med. Jour.*, February 27, 1915.

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### A French Woman's Letter

A CONTRIBUTOR to the *Echo de Paris* who had written for that paper an article on the subject of alcohol, received afterward the following letter:

"Sir:—You declare war upon alcohol and you are right. I have six children, all young; my husband, the best fellow when he is sober, is terrible when he is drunk, and when we see him coming home, too often, alas, with eyes afire and teeth clinched, turning topsy-turvy everything in his way, my children and I have no desire to laugh, I assure you.

"In August he was called out in the mobilization, and went away to the front. He is only 30 years old and my sixth child was born last January. Do you know, sir, it is sad to say that when I found myself alone with my children I was almost light of heart? My allowance permitted us to live modestly and quietly. My husband wrote me good letters, told me that he did not touch alcohol, and could not get it and had no desire for it. I was almost happy. The cruel war had cured him of his passion and in March when the fathers of six children were allowed to return, we had all the joy of a reunion and we thought no more, my children and I, of his former unkindness.

"Since his return to work, he has met comrades who have treated him to glass after glass, at first to get him to tell of

his war experiences, and—adieu to his good resolutions.

"Our unhappy life has begun again, worse than before, because the miseries that he endured in the trenches pass again through his mind when he is drunk, and it is we who have to suffer the consequences. It almost makes us regret that he has come back.

"If many of the men who have suffered the same miseries and who had the drinking habit before they went to the war, return, they will do the same, and even if there are, as you say, many women who drink, there are still more women and children who are made unhappy by alcoholic men.

"Continue your warfare against alcohol without being discouraged, and you will bring happiness to many if you succeed in bringing about its suppression, not only partially but entirely, and I will thank you with all my heart."—Translated for the SCIENTIFIC TEMPERANCE JOURNAL from *L'Abstinence*, June 5, 1915.

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### The War and Temperance

AS A matter of fact, the months of the war have done far more for the cause of temperance reform than all the preaching and crusading that have been going on for the past twenty years.

It is now freely acknowledged that when stern work is to be performed and a high degree of efficiency is required, not only is alcohol unnecessary, but its use is absolutely contra-indicated. The realization of those responsible for the warring countries that in order to stand a chance to win, drink must be prohibited, is a great triumph for the men who have advocated earnestly and persistently the abolition of alcohol. . . .

So far as the effects of alcohol are concerned, most authorities are now agreed that in but very few instances is its use beneficial. . . .

One of the lessons already learned from the war is the fact that if body and mind are to be keyed up successfully to meet hardships and horrors of every description, the fictitious stimulation afforded by alcohol is indeed a broken reed upon which to lean.—*N. Y. Med. Jour.*, May 1, 1915.

## SUBSTITUTES FOR THE PUBLIC HOUSE

THE drink situation developed in Great Britain by the war has led to the organization of the National People's Palaces Association. If the people are to be asked to give up their drink, the backers of this association urge that a substitute be provided for the public houses. The association has the support of distinguished men and women and proposes to establish public palaces and bars where coffee, tea, cocoa, cakes, biscuits and other light refreshments will be on sale at the lowest prices. Music, games, newspapers, writing facilities will be a feature, especially in the evening. Arrangements will be made for promoting thrift clubs and club-rooms will be lent for meetings of friendly societies and other organizations. First attention is being given to districts where are the great armament works, dockyards, etc., and in other crowded industrial sections. The plans are to be worked out on a strictly commercial basis.

In Russia, also, despite the emergencies of the war, the government is recognizing the necessity of providing new means of recreation and places for social

intercourse, and is reported to be setting in motion agencies for a great system of educational, recreational and social forces which will meet the needs of the people and supply what has been lost in forbidding the sale of vodka.

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## PARIS TROOPS MUST DRINK NO LIQUOR

ACCORDING to the public press of July 16 General Gallieni, the military Governor of Paris, has issued an order forbidding the purchase by or sale to soldiers or officers of whatever grade in the entrenched camp of Paris of any alcoholic liquors whatsoever.

Offenders will be cited to appear before the police courts and military tribunals. Liquor dealers violating this order will be punished by a temporary suspension of their licenses on the first offence, and the revocation of their licenses on the second offense.

Later reports state that the Chief of Police has interpreted this order as not applying to beer or wines up to 16 per cent alcohol. It remains to be seen whether General Gallieni will be satisfied with this interpretation.

# Selections of Significance

## SCHOOL TEMPERANCE EDUCATION A SUCCESS

WEST VIRGINIA has shown a complete change of sentiment on the question of state-wide Prohibition within 25 years. In November, 1888, Prohibition was defeated by a vote of 76,555 against 46,668. In November, 1912, the voters of the state ratified a proposed like Prohibition amendment by a vote of 164,945 for to 72,603 against ratification.

At the legislative session of 1887 the amendment voted on in 1888 was submitted. At the same session was enacted the following law:

"The nature of alcoholic drinks and narcotics and special instruction as to their effects upon the human system, in connection with the several subjects of physiology and hygiene, shall be included in the branches of study taught in the public schools, and shall be taught as thoroughly and in the same manner as

other like required branches are in said schools to all pupils in said schools throughout the state."

A rather striking coincidence was the submission of an amendment that was defeated and the enactment of a law that 25 years afterward largely brought about the ratification of a similar amendment. Throughout these 25 years, hundreds of school teachers, whose names are unknown, and whose fame is unsung, were training the minds of the boys and girls of the state as to the harmful effects of alcoholic beverages. These boys became men voters—educated against the use of such beverages. They were in the main the men who voted in 1912 to ratify the amendment. The enactment of 1887 was the work of the women's temperance organizations, and the seed was thus sown by them. The result of the election of 1912 was the harvest of that sowing.—Fred O. Blue, Prohibition Enforcement Commissioner West Virginia.



### PERSUASIVE EDUCATION

BY tongue, pen, printing press, from pulpit and platform, by economic decree, by scientific pronouncement, by medical faculty findings, by poster heralds, by college oratorical contests, by world-war efficiency demands and war-lord commands, the truth has had a hearing, and the world has become more and more settled with on-moving time, that alcohol is not nutriment, but poison, not a stimulant, but a narcotic, not a thirst-quenching beverage, but a delusive, habit-forming drug, its use even in minimum doses perilous to the drinker and pernicious to the state.—Howard H. Russell, D.D.

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### WHERE AND HOW TO EDUCATE

IN this nation, one-half of the population has been neglected so far as education along the lines of temperance truth is concerned. It may truthfully be said that no real systematic attempt has been made to reach that one-half. From this time forward, we must reckon with 10,000,000 negroes, 15,000,000 foreign-born, and 20,000,000 additional children of foreign-born parents. The old political method of rounding up these people at voting time for the purpose of this reform is but an idle dream of an eighteenth century politician or a fool reformer. If these classes are to come to a permanent understanding of this question, the masses must be educated in more ways than one.

In this educational process which is absolutely essential to success at this stage of our fight, there is but one weapon that can possibly accomplish success in any reasonable length of time. That weapon is the press. The printed page is the hope of success in the great campaigns that are to come.

We must let the truth about alcohol be known. The multitudes must come to know the scientific, economic and moral truth about alcohol, for the truth alone can make men free. We must get the truth to the last man. We must see to it that he learns the story of alcohol until he shall finally come to know and understand this monster of modern civilization.

Every effort, every declaration, every move of the liquor traffic presumes upon the ignorance of the people. It is our mission to dispel that ignorance and to

let in the light of truth and common sense. In this effort the press must lead the way.—Ernest H. Cherrington, General Manager Publishing Interests of the Anti-Saloon League of America.

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### SYSTEMATIZING SCHOOL HEALTH INSTRUCTION

THE value of health instruction in schools is beginning to be recognized, but there is much yet to be done in systematizing the work and extending it through the entire school course. Special courses on health work should form a part of every normal school course, and great good is accomplished by special lectures before teachers' institutes, etc. I think that examination of teachers for certificates for positions in our public schools should include health work and instruction among its subjects. I feel that too much importance cannot be attached to this matter, for it is vital to the health, well-being and success of the pupil in after life. The object of school instruction is to prepare the pupil for the battle of life, and the most important thing that can be taught is how to keep the body in the highest state of efficiency so that it may be able to perform the duties required of it. The capability, efficiency and earning capacity of one who is sick are far below that of a healthy individual, to say nothing of the question of the happiness and comfort of himself, and those with whom he comes in contact.—Chas. P. Wertenbaker, M.D., in *Vermont State Board of Health Bulletin*, December 1, 1914.

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### THE CONSEQUENCES OF ONE DRINKING BOUT

A MILKMAN, 30 years old, after an evening drinking bout, became infected by a servant girl with a serious disease. Soon afterwards he married and infected his wife, who five years later died of brain syphilis. Two children also died of syphilitic infection. The mother of the wife became infected caring for one of the children and infected the wife of her son, who, as a result, had two still-born, premature, syphilitic children. The wife of a second son of this mother-in-law was also infected in the same way and contracted a serious bone disease. All these fearful diseases and deaths were the result of one drinking bout.—Dr. Bonne. Eighth International Congress Against Alcoholism.

### VESTED RIGHTS OF THE BABIES

**I**SN'T it a legitimate question to ask whether babies have any vested rights? How can we equalize the baby of the poor man with the baby of the rich man? How can we equalize the baby of the moderate drinker and the drunkard with the baby of the total abstainer? How can the baby have equal opportunities for life, liberty and the pursuit of happiness if it is born of an ignorant mother and an ignorant father, or of a drinking mother or a drinking father? Surely the answer must be plain, that it is as much the duty of the government to protect the new-born babe from poverty and ignorance and child-labor and alcoholism as it is to protect our cities and homes with better plumbing and other sanitary conditions.—Former Congressman J. J. Lentz.

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### THIRTY THOUSAND ALCOHOLIC INSANE ANNUALLY IN GERMANY

**P**ROF. HANS BERGER, of Jena, in an address in 1910, stated that the percentage of mental disease due to alcohol has been estimated all the way from 10 to 30 per cent. In the Berlin Asylum, even 40 per cent has been attributed to it. Men, of course, are more addicted to alcohol than women, and mental diseases of alcoholic origin in Germany are about six times as frequent in men as in women. While Prof. Berger admitted that it was difficult to obtain correct figures for the entire German empire, he considered that 30,000 persons a year admitted to insane hospitals might fairly be estimated as owing their condition to alcohol.

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### ACTION OF NEW YORK HEALTH DEPARTMENT APPROVED

**A**T a meeting of the sub-committee of the Advisory Council, held on June 29, to consider the educational campaign of the Department of Health against the harmful use of alcohol, the following resolution was adopted:

"It is the sense of the committee that the attitude of the Department of Health towards the use of alcohol be approved and that the department should be supported in the amplification of its educational campaign against the use of alcohol."

### MR. T-B AND HIS FRIEND, MR. BOOZE

**U**NDER this title, the *Gramercy Chronicle*, a publication of the New York Department of Health, publishes a popular article on the relation of alcohol and tuberculosis. "We have become pretty well acquainted with Mr. T-B and are fighting him tooth and nail, but many of us seem not to realize that *Mr. Booze is an even worse enemy than tuberculosis.*"

The entire absence of technical language does not prevent the author from putting into the article all the essential facts as to alcohol's part in preparing the way for tuberculosis, and the handicap to recovery which it places upon the drinking tuberculosis patient.

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### MANUFACTURERS TEACH FACTS ABOUT ALCOHOL

**T**HE "Safety Bulletin" (May 1915) of the Kimberly-Clark Company and Neenah Paper Company, paper manufacturers, contains illustrations of a perfect nerve-cell and a cell injured by alcohol, loaned by the Scientific Temperance Federation. Under the heading, "Alcohol and Efficiency," an explanation is given of the way alcohol breaks down the nerve cells and impairs the perfect working of the brain.

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### HIGH DEATH RATE OFFSETS HIGH WAGE RATE

**T**HE slightly higher rate of wages paid in the liquor industry as compared with other industries is more than overbalanced by the enormous death-rate of those who manufacture and dispense intoxicating liquor.—Charles Stelzle, D.D.

\*

### WAR COST NOT SO BAD

**T**HE Prince of Wales raised £3,000,000 for the War Relief Fund in eight weeks. Great Britain spends £3,500,000 on drink in eight days.—*London Daily Chronicle*, February 10, 1915.

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### ALCOHOLISM IN EPILEPTIC ANCESTRY

The family history of 176 epileptics studied by Stuchlik showed alcoholism in 36 and 38 per cent of parents and grandparents, respectively, and epilepsy in only 4 and 6 per cent.



## Silent Sermons on Temperance

**C**HURCHES in this city are embarking on a publicity and education campaign in the interests of temperance and Prohibition. By means of large and striking posters, devised in various forms, the dangers of liquor drinking are being brought before those who will stop to read and to consider.

Silent sermons are now posted in front of the First Presbyterian Church, the Pleasant Street Baptist Church, and, as a rule, Pilgrim Church. The First Presbyterian Church is a pioneer in this city in this sort of temperance evangelism. It has had a bulletin board in front of its edifice for several months.

This week the board was illuminated at night for the first time. The poster which it bears depicts by figures and by comparative diagrams the downward path and eventual disaster of the man who drinks. The board is stationed so close to the sidewalk that passersby can hardly fail to be attracted by it. The reading matter is condensed and printed large to avoid taking too much of the reader's time.

Most of these posters carry a minimum amount of text, concentrating their message on a comparative diagram or drawing. In this way they add to the graphic presentation of their message and deliver their warning almost at a glance.

Officials of the First Presbyterian Church have decided to make this propaganda of the silent preacher a settled policy of their work. They keep a supply of posters always on hand, changing the bulletin board's contents at regular intervals.

The idea is an application of a plan which has been in practice in other cities for a considerable length of time. Churches located in a busy part of the city and with grounds bordering on the sidewalk are adapted for this kind of propaganda as others are not. It is now indicated that the large churches of Worcester will endeavor to influence public opinion by this means more and more extensively.

At a time when temperance, Prohibition and no-license are in the air, when Massachusetts is likely to see a stiff state fight this year with William Shaw as the gubernatorial leader of the drys, and when Worcester will be the battleground of license and no-license at the next city

election, the silent sermons on the bulletin boards of the churches are plainly destined to prove a power in the crusade which can hardly be measured.—*Worcester (Mass.) Gazette*, July 10, 1915.

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## A Canadian Temperance Exhibit

**A**N anti-alcohol exhibit was arranged this spring for one section of Montreal, designed originally to reach only the people of the parish Saint Jean de la Croix. But in the course of the ten days it was open, according to *La Temperance* (June, 1915), visitors came from all parts of the city to examine the graphic portrayal of facts about alcohol. Thousands of school children, women and men of all classes, young men described by Dr. Gauvreau as "the men of tomorrow," studied the facts and gave enthusiastic approval of the work of the Montreal Anti-Alcohol League.

The exhibit presented its facts under four heads: The relation of alcoholism to health, thrift, morality and race welfare. Addresses were given by Dr. Dube, Dr. Gauvreau, Mr. Magnan, inspector-general of the schools of the province; Henri Bourassa, Judge Lafontaine and others.

The resolution heartily adopted at the last meeting showed that the anti-alcohol exhibit in Canada, as elsewhere, is heartily welcomed and has enormous valuable educational possibilities. This resolution, according to *La Temperance* (June, 1915) was as follows:

"Resolved, That every school and industrial commission in Montreal and the Province, working together, establish in each parish an anti-alcohol museum to be used annually as a school and parish exposition where old and young will come to learn the truth about alcohol, thus to build up a healthy generation and to assure to the French-Canadian race its full intellectual, physical and moral vigor."

A correspondent to the July number of *La Temperance* urges the inclusion of an anti-alcohol exhibit in the Quebec agricultural fairs, and says:

"After all, this would not be so extraordinary. The great San Francisco International Exposition has its anti-alcohol exhibit. There must be some practical value to it since the Americans have found it worth the trouble of securing space for it. Several national temper-



ance organizations have exhibits there.

"Let us place an exhibit in the Quebec Fair, for example. I am certain there would happen a little of what is represented by one of the pictures shown at San Francisco by the Scientific Temperance Féderation. 'Science' in the form of a scientific man at work in his laboratory is explaining to Uncle Sam the truth about alcohol; and the old gentleman appears interested as well as somewhat astonished; he did not know that these things were so. Many of our people, and especially the educated classes, would

open their eyes if they really wished to see clearly."

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#### INDIA TOO USES SCIENTIFIC POSTERS

THE Alahabad Woman's Christian Temperance Union, according to the *India Temperance Record*, is using scientific temperance posters from America whose facts have a familiar sound, and from England. During the Indian Christian Mela, hundreds of people stopped during an afternoon to read the posters and to discuss the progress in temperance with those in charge.

## The Library Table

**FEEBLE-MINDEDNESS, ITS CAUSE AND CONSEQUENCES.** By H. H. Goddard, Ph.D., New York. The Macmillan Co., 599 pp., \$4.00.

One of the most illuminating discoveries of recent years has been the development of tests for sub-normal mentalities. These have revealed to us a class of society long known, but now more widely recognized, the feeble-mindedness, which has been defined as a "state of mental defect existing from birth or from an early age and due to incomplete or abnormal development in consequence of which the person affected is incapable of performing his duties as a member of society in the position of life to which he is born."

The lower grades of feeble-minded have long been recognized; it is the higher grade, the **moron**, those who mentally do not develop beyond the age of from seven to 12 years, who are discovered to present to society the chief problem of incapacity and perpetuation of their defect.

The feeble-minded at present are believed to constitute about 2 per cent of the school population, and, according to Dr. Goddard, the larger part of these are morons. From this group comes a large part of the "dull and backward" children; from 25 to 50 per cent of the criminals in the prisons are said to be of this type. Delinquents, prostitutes, paupers, alcoholics, ne'er-do-wells—all these are believed to have their origin in part in feeble-mindedness.

In this volume of Dr. Goddard, he has given detailed case and family records of groups of persons from which a feeble-minded child has come into a state institution. Field work has traced the family history back often to four or five generations with allied branches, and frequently these records are black, indeed, with various forms of defects which make poor members of society.

The author is careful not to generalize on the subject as a whole from these cases, although he believes some of the results to be significant.

His statistics on infant mortality and miscarriages in alcoholic and non-alcoholic families are confirmatory of those of other investigators, Laitinen, for example. "The effect of alcohol in producing non-viable offspring is shown in the final totals which give 8.5 per cent of deaths in infancy among the non-alcoholic families, while it is 17.6 per cent among the alcoholics. Likewise the number of miscarriages, including still-births, is 3.5 per cent among the non-alcoholics, but 8.2 per cent among the alcoholic."

In practically every case, the percentage is markedly greater in the alcoholic group than in the non-alcoholic—a difference of 35 per cent in the families as a whole. The author believes, however, that these particular cases afford little evidence that alcohol is a first cause of feeble-mindedness; but where the parents are alcoholic the alcoholism is itself often only an expression of feeble-mindedness, because the feeble-minded inherently lack resistance and the power of self-control, and that this larger percentage of feeble-mindedness in the children of alcoholics may simply mean that the alcoholic is a more pronounced type of feeble-minded person.

With all due allowance for the undoubted fact that the man or woman who is feeble-minded is undoubtedly more liable to slip over into alcoholism, it must be said a careful study of the family tables reveals a number of instances where alcoholism seems to have been given the benefit of the doubt and the alcoholic interpreted as "probably feeble-minded." The mere fact that the evidence is not yet fully complete that alcohol in the parent may cause impairment of the germ cells need not militate against the possibility of the truth of the hypothesis. As Dr. Holitscher has said in discussing this question, "The influence of syphilitic poison on the germ cell can not yet be demonstrated, yet no man doubts that hereditary lues is a consequence of parental syphilis." The author believes it to be inconceivable from a biological standpoint that any amount of alcohol



taken by a father previous to the conception of a child could so permeate the system as to reach the carefully protected germ cell and so affect it that the result would be shown in the offspring. Yet Stockard's experiments with guinea-pigs, where the males only were alcoholized, showed that just this thing happened, for seven of the 12 young born died soon after birth in convulsions, and the five living animals were runts, shy and excitable.

"This," said Dr. Stockard, "is really crucial proof of the influence of alcohol on the germ cells since the defective offspring must be due to the modified germ cells of the father."

Undoubtedly the last word has not yet been said on this question of the inter-relation of alcoholism and feeble-mindedness. Dr. Goddard himself, was surprised at what he believes to be the result of the evidences of his cases on this point. But at least the student of social questions has reason to be grateful that he has not ignored the question.

If further evidence should seem to confirm the conclusion that alcoholism is an expression rather than the cause of feeble-mindedness, the argument against alcohol is not thereby materially weakened. The argument for the abolition of alcohol gains weight when we understand that we have in our midst a definite proportion of people who are born deficient in resistance and control and who, in an alcoholic environment, easily slip into alcoholism and thereby intensify the personal disadvantage under which they are laboring and deepen the liability to becoming greater social burdens.

Before the young woman about to marry a man addicted to drink, there still lies a serious possibility, if this drink habit be an expression of defect since it may show itself in other forms of defect in their children. Whichever view is finally adopted, whether alcoholism is cause or result of feeble-mindedness, the girl who becomes the wife of an alcoholic or of a young man on the way to alcoholism is running a serious risk of laying on society the burden of defective children.

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## THE PRACTICE OF SELF-CULTURE.

By Hugh Black, New York. MacMillan Company. 262 pp., 50 cents.

The conception of the meaning of the term, self-culture, expressed in the wish for "time for self-culture," is not the conception of Mr. Black. Self-culture, he holds, is not a thing to be practiced apart from the daily life of even the busiest person. It is all-around development, using the means that are within the reach of all. The value of his book lies in its specifications of the means to be used, their classification, and the indication of the dangers to be avoided in practicing them.

This is worked out in nine essays dealing with proportional development, culture of body and mind, the instruments of mental culture, specialization, culture of imagination, heart, conscience and spirit.

The plea for proportional development is for the most part familiar, though the primary object, fitness for service, is not always

kept in the foreground. To neglect the all-important fact that "man is a social being and can only come to his true self by taking his place in the common service of the community," is to fail of the aim of complete development.

The aim of "bodily culture," as we have been often reminded by others, is not the making of athletes, but the perfection of health, in order to give a perfect instrument to the play of our higher energies. It implies discipline, chastity, temperance, self-control. "The way to keep the body under is to live above it."

The aim of mental training, also, is to obtain a capable servant able to form wise judgments, to consider serious subjects, to reach reasonable conclusions. The "instruments for mental culture are observation, reading and social intercourse." The great danger is the over-valuation of reading and of mere knowledge. The end, always, and not the means, is to be magnified. Observation should be systematized, should include classification on the basis of fundamental, not superficial, resemblances, and the linking together of different items of knowledge, according to natural connections. In reading, one must learn what not to read, to choose "the great formative books," and by thinking to make them our own. "True thinking needs to be directed in some form or other to practical issues, and culture needs to be related to life. Aim to strengthen the faculties of admiration, hope and love."

The advantages and dangers of specialization are well set forth. A specialty has an advantage in being something that must be mastered. But we must do more things than one in order to do that one well. There should be knowledge of many subjects with mastery of one. A genuine love of intellectual things keeps the mind fresh and open to influences other than those our own pursuit brings. By broadening the range of our knowledge, we increase the measure of our sympathy and give new point to our appreciation. Excursions into the larger world of life and thought bring enlargement of thought and experience, which enriches our capacity even for special work.

Culture of the imagination is culture of the ideal. It must be controlled; idle, selfish fancies are not to be allowed. Imagination must be restrained by the practical needs of living.

The emotional side of our natures is too useful to be dwarfed or neglected, hence there is a "culture of the heart." "All the permanent relationships of life are held together by the affections rather than by the intellect. The empire of souls is given not to the clever, but to the loving, not to those who command our attention by their force of brain, but to those who touch us with their sympathy, devotion, sacrifice."

The heart life can be trained. Kindness comes by being kind; gentleness by being gentle. Stop the cutting word at the teeth, if it can not be stopped before by crushing down harsh judgments. Replace cruel thoughts with tender ones; speak encouraging words; think no evil; practice courtesy to servants and dependents, consideration for



friends and comrades; do and give to alleviate human sorrow.

The feature of conscience in all its stages is the acceptance of obligation, what we ought to do. Conscience is trained by obeying it, responding to the sense of right, surrendering to duty. It needs to be enlightened by fruits of knowledge and experience, guided by thought, judgment, and sensitive feeling, educated by reflection by which duty grows clear, dominated by resolute will.

History and life show that man is capable of spiritual training, by meditation, prayer, solitude, devotional reading, bringing the heart to God. Make the whole life spiritual and carry up all parts of the being together. A man is not said to live, in the spiritual sense, unless he has a part in the life of God.

## Strategic Points

(Continued From Page 261)

### The "Poster Campaign"

While some of this material was going through the press to appear presently in the poster form with which you are familiar, there started in Boston, through the Associated Charities, a poster movement deriving its inspiration in part from the British and French posters. This gave an impetus to systematic poster work which has been of immense assistance to the cause at large, as well as to the educational efforts of the distinctively temperance organizations. Our own posters, published by The American Issue Publishing Company, have already been powerful educational factors in their own field in several state Prohibition campaigns, and have gone to nearly all parts of this country and of Canada and to many foreign lands, bearing to the people the facts about alcohol.

### The Traveling Exhibit

The exhibit work, too, has proved its place as an exceptionally valuable educational agency. In addition to the large original exhibit, we have small traveling exhibits that can be sent from place to place at a small cost. Organizations and individuals in different parts of the country have now taken the method up, sometimes using a part at least of our material, for health and safety work, for efficiency work. Others, as you know, have adapted the stereopticon slide to automobile educational work.

Results? Men and women have come to the demonstrators saying, "I never knew these facts before. You will never know what this has meant to me." Business men have found evidence confirming

their own experiences showing them the reasons therefor, and giving them the support of firm scientific authority for action against alcohol in their business.

"If there is anything that will convince a young man that he ought not to drink, these facts will do it," said an ex-barkeeper, while a Protestant clergyman declared that, while he had always been "in favor of temperance," now, after seeing these facts, he was going "to fight alcohol."

If we are to win the great American public to sobriety and the abolition of the liquor traffic, we must go to it where it is, and it is always at some time or other on the streets or in amusement halls or exhibitions, ready to lend not only an ear but an eye to what may be made to attract attention. The grade crossing sign might well be our slogan in planning how to reach the people. Get them to "Stop, look, listen!" and the warning truth will not be given in vain. The church, the store, the tree in the front yard, the fence, the barn, the city billboard, the agricultural fair, the recreation ground, signboard, the mill, the factory, the railroad caboose, the express wagon exhibit in rural districts, the health and child welfare exhibit—all have been and can be made the means of silent teaching that by its continued presence and reiteration of truth may even outweigh in value the spoken word.

The work still awaiting us is tremendous, the field so great, the opportunities inviting so full of promise of rich reward for effort. We cannot all work at everything. Some must do one thing, some another, but we shall all fail in our effort or postpone its fruition past our generation, if we do not advance upon the present strategic points—the school, the immigrant, the toiler, the man on the street and the social leader who sets and perpetuates the custom of social drinking.

These we must have working with us, for these, after all, are the sum and total of our great American people, not only of today, but of tomorrow.

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The man who sticks has this lesson learned:  
Success doesn't come by chance---it's earned  
By pounding away: for good hard knocks  
Will make stepping stones of the stumbling blocks.  
---Charles A. Barrett



## Alcohol's Inroads Upon the Intellect

By DR. W. PFAFF

THE centers through whose functioning human reason is manifested are the ganglion cells of the brain cortex, which exercise restraint over the motor and intellectual regions of the body. It is these organs which prevent us from using our bodies for purposeless and unreasonable movements, for putting any sort of fleeting thought into immediate execution. They prevent us from striking upon the least provocation, from retorting immediately to angry words, from expressing a thought before we have tested its accuracy; in brief, from doing anything before we have considered it.

It is these centers which enable us to weigh our words "in the balance," and thus give rise to the saying, "First weigh, then risk." These are the organs of logical thought, of reason and of judgment, and alcohol paralyzes them. As a result, as soon as alcohol is introduced into the body, lively manifestations of

external activity begin and steadily increase as long as the muscular apparatus remains unaffected. Talkativeness follows even in those at other times reticent, and active movements of the hands and feet, particularly in those who have not a large amount of self-control. The critical faculty and particularly the power of self-criticism are weakened, and thus it is that alcohol makes one easily accessible, ready to put up with any kind of society, brings animation into a previously "stiff" company, loosens the tongue, removes diffidence, embarrassment and scruples concerning doubtful conversation, and puts one into a state of high spirits in which care and fatigue are forgotten. The discretion ceases which would restrain the tongue from offensive words, the hand from rash acts, and there arises a state of self-satisfaction, even of self-aggrandizement, in short, a loss of the critical faculty, show-

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Alcohol's Inroads Upon the Intellect

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ing clearly that reason, which alone dif-  
ferentiates man from the animal, has  
ceased to function.

The Price of Euphoria

It is in accordance with the narcotic  
nature of alcohol, which paralyzes first  
the highest and noblest functions of the  
brain, then gradually the peripheral  
nerves and finally consciousness, that the

drinker thinks himself better than be-  
fore, even while he is gradually losing  
the ability to locate himself and take  
note of the serious disturbance going on  
in the machinery and substance of his  
body. This characteristic feeling of well-  
being is called euphoria. Its manifesta-  
tions change with the increasing loss of  
brain function. Let us suppose, now,  
that such a condition affords the pleas-  
ure—if in its rudimentary beginning it is  
really a pleasure—that certain persons



expect from alcohol, and that it is necessary to overcoming many of the inconveniences of life. Should we not avoid this pleasure that is possible only by injuring the organs of reason? But it is no real pleasure, for the forgetfulness which it causes is followed by an awakening in which all unpleasantness appears worse than ever, while the enjoyment from its use destroys real enjoyment, and many things that would otherwise be a pleasure become distasteful.

What good, then, does alcohol-narcosis do if it brings upon men evil and misery, sorrow and trouble? Are the misery and sorrow lessened by the forgetfulness that alcohol caused? Are the evil and the trouble smaller? No, but the power of resistance against the strokes of destiny, and the clearness of understanding and the steadfastness of character needed to face the difficulties of the situation suffer loss, and the danger that under the influence of both misery and alcohol the man's ability and character will be impaired and that he will become a true victim of alcohol, increases from drink to drink.—Translated for the SCIENTIFIC TEMPERANCE JOURNAL.

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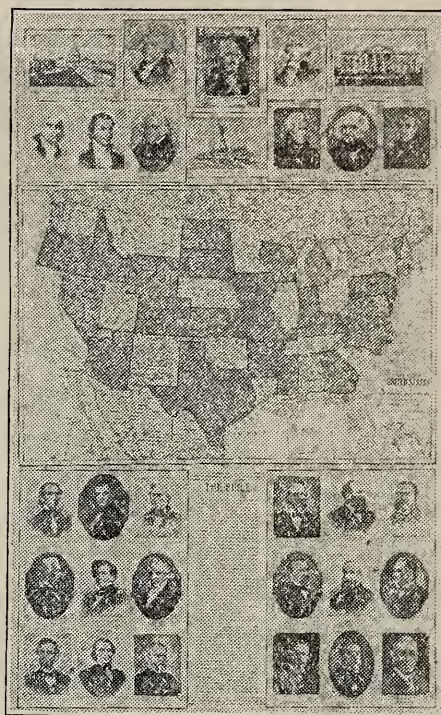
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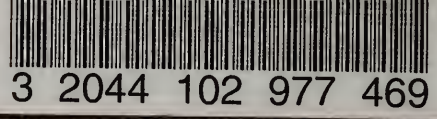






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